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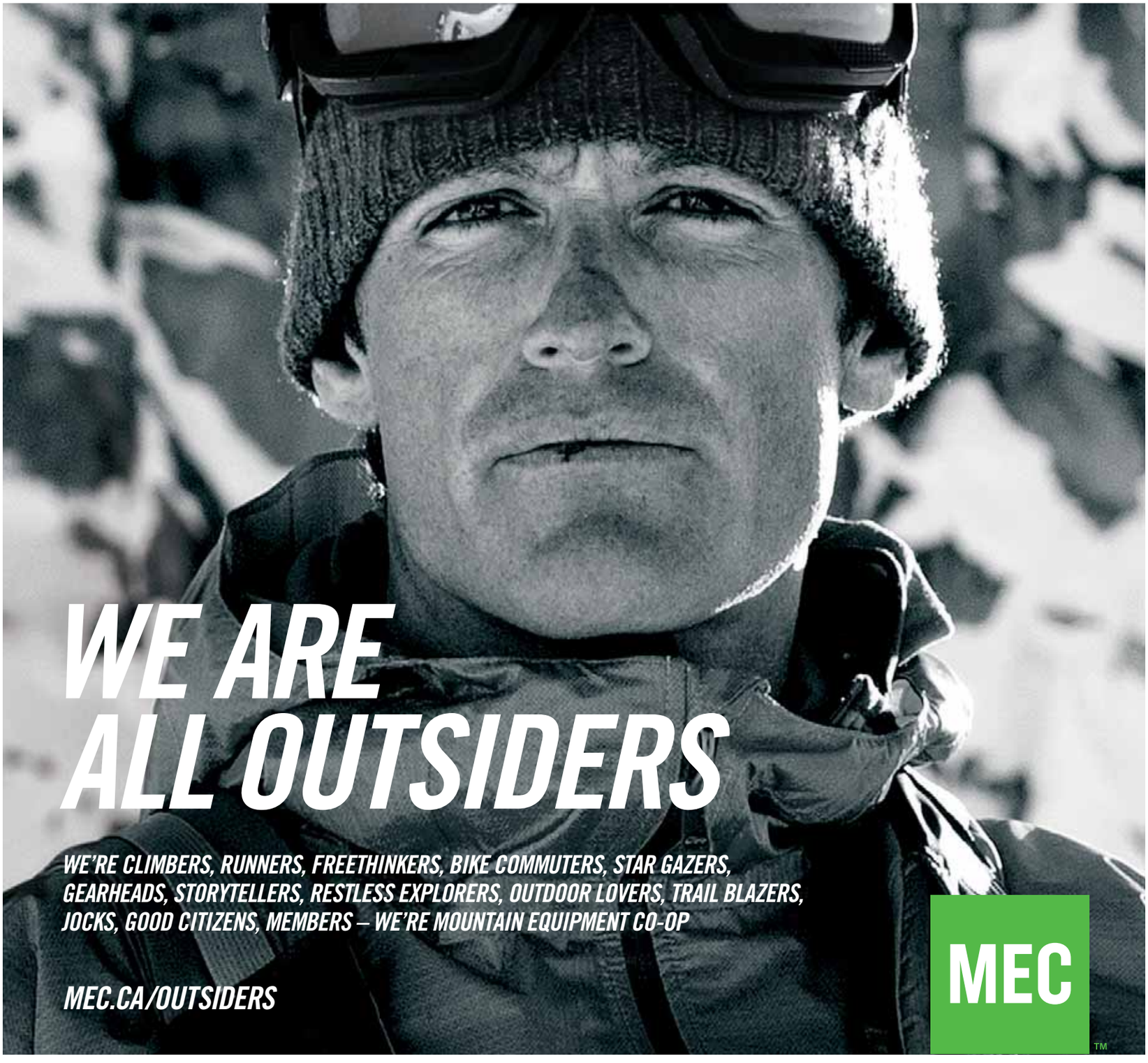
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THE BIG DEBUT

CHECK OUT WHO GOT FANS SUPER STOKED IN THE LEAFS' PRE-SEASON OPENER PAGE 33

Wiretap info to remain a secret

Disclosing details related to Project Traveller gang sweep would be a criminal offence, a judge has ruled PAGE 3

Meet the most adorable grad student ever

Too young to be a doctor, a brilliant 13-year-old from India enrols in a master's degree in microbiology PAGE 10

Kelly Rowland knows the biz can be tough

X-Factor judge has had her ups and downs, and she's happy to pass on wisdom to contestants PAGE 18

NEWS WORTH SHARING.

FRIGHT AT D.C.'S NAVY YARD

A man and woman embrace after reuniting at a gathering point for family members of Navy Yard employees that was set up inside Nationals Park in the wake of the shooting Monday in Washington, D.C. Police believe at least one gunman shot and killed at least 13 people and wounded others in an incident that put parts of the city on lockdown. Story, 6. WIN MCNAMEE/GETTY IMAGES

3 firefighters axed over sexist tweets

Social media policy. Twitter accounts quoted lines from TV shows South Park and The Office

Three Toronto firefighters have been fired following a month-long investigation into tweets and other social media posts seen as degrading to women.

The firefighters' social media activity was in clear violation of city policies, and was not "in any way acceptable for city employees," fire chief Jim Sales said on Monday, declining to go into further detail.

Two of the three firefighters, Matt Bowman and Lawaun Edwards, were suspended with pay last month after a number of their tweets were published by various media outlets.

Last November, Bowman tweeted a seven-year-old line from The Office: "Reject a woman and she will never let it go. One of the many defects of their kind. Also weak arms."

And in March he tweeted a line from an episode of South Park: "I'd never let a woman kick my a–. If she tried something, I'd be like HEY! You get your b— a– back in the kitchen and make me some pie!"

Edwards was scorched for a tweet about a woman ordering coffee overusing the word "like."

"Would swat her in the back of the head been considered abuse or a way to reset the brain?" he asked.

Since then, Bowman's Twitter account has been deleted, while Edwards's is protected. Bowman and Edwards could not be reached for comment on Monday.

Details about the identity of the third firefighter are scant.

It was "an individual that was identified as well, but I'm not prepared to go into particulars at this point," said Sales.

As city employees, firefighters are required to follow the city's social media guidelines.

These guidelines state employees should "not engage in harassment, personal attacks or abuse toward individuals or organizations," and "not use language that is discriminatory, hateful, or violent towards identifiable groups or that incites others to discriminate, practise hate or violence." TORSTAR NEWS SERVICE

South Park quote

"I'd never let a woman kick my a–. If she tried something, I'd be like HEY! You get your b–– a– back in the kitchen and make me some pie!"

A South Park quote tweeted by Matt Bowman in March

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Trillium investigation

Medical watchdog probes radiologist

The College of Physicians and Surgeons of Ontario has launched an investigation into the radiologist at the centre of a controversy over diagnostic imaging at Trillium Health.

While the probe is underway, Dr. Ivo (Ivan) Slezic has agreed not to practise medicine in any jurisdiction, college spokesperson Kathryn Clarke said Monday.

Trillium revealed last week that 3,500 diagnostic reports Slezic prepared after interpreting CT scans and mammograms are being reviewed because of concerns he had been making errors.

TORSTAR NEWS SERVICE

Crime

Man charged in York U sex assault

A Toronto man has been charged after police say a female student was sexually assaulted inside a York University library.

Police say the 19-year-old woman was at the Scott Library on the school's Keele campus Sunday afternoon when a man sexually assaulted her and committed an indecent act.

They say the woman alerted campus security, who grabbed the suspect until police arrived.

Henry Kang, 35, faces one count each of sexual assault and indecent acts and appeared in court Monday morning.

The latest incident at the school follows an alleged sexual assault of an 18-year-old woman police say was groped from behind Sept. 6 at a frosh-week party.

THE CANADIAN PRESS

Hearing for abuse suit delayed

Some of the dozens of people who showed up for the start of a $1-billion class-action suit against the Ontario government alleging abuse, filed on behalf of thousands of former residents of the Huronia Regional Centre and their relatives. Set to begin Monday, it was adjourned until Tuesday and no reason was given for the change by court officials. The government denies allegations that residents were abused at the institution for the developmentally disabled, which have not been proven in court.

RACHEL MENDLESON/TORSTAR NEWS SERVICE

Wiretap info to stay sealed: Judge

Project Traveller. Media wanted look at warrant used in gang sweep to see if there are any links to mayor

A judge has ruled that some wiretap information used by police to obtain a search warrant as part of a guns-and-gang sweep with connections to Mayor Rob Ford should remain secret.

After hearing arguments from Torstar News Service's lawyer and lawyers for several other media outlets, Ontario Court Justice Philip Downes ruled Monday that disclosing the information would be, as the Crown had contended, a criminal offence.

Torstar has been fighting to have information unsealed that was used for a search warrant as part of Project Traveller — a massive guns-and-drug smuggling bust led by Toronto police across the city, in Windsor and in Edmonton. Torstar and other media have argued that it is in the public interest to know what links, if any, there are between the investigation and Ford.

Sources have told Torstar that police became aware of a video showing Ford smoking what appears to be crack cocaine during surveillance for Project Traveller. Torstar was shown the video in May by two men outside a Dixon Road apartment that was raided as part of the sweep. One of those men was also arrested.

Another address subject to a warrant is a crack house that was the backdrop of a now-infamous photo of the mayor posing with one man arrested during the raids and two men who were shot at — one killed — outside a nightclub.

In court Friday, Downes and lawyers will discuss the timing for when the search-warrant information will be released to the public. But more than 90 of 114 pages will be completely blacked out.

Downes agreed with Crown attorney Jeffrey Levy that the information was disclosed in the course of a criminal investigation and that the circumstances do not allow for further disclosure. TORSTAR NEWS SERVICE

Media access

- The Ministry of the Attorney General is reviewing its policies on media access to criminal-court records to make the province's justice system more transparent.
- An ongoing Torstar investigation has found court staff in Ontario are increasingly denying public access to records that legal experts say should be readily available.
- The ministry is checking to see if policies must be clarified to ensure staff are properly applying the law.

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Campaign to end token loss

A token saved is $3 earned. Hundreds back Kickstarter project to make credit-card-sized fare holders

Roughly the size of a credit card, it holds eight TTC tokens and is billed as the latest solution to misplacing the valuable, dime-sized fare coins.

The slim token holder is one of the first fully-funded projects on the Canadian version of crowdfunding website Kickstarter, which went live last week.

"If you're like me, the only thing you take when you go out is your phone, your wallet and your keys," explains the card's designer, Y.G. Sun, in a video on the project's Kickstarter page.

Short-term investment

The TTC plans to phase out tokens, tentatively by 2016, according to spokesperson Brad Ross.

Hundreds of other transit riders seem to have the same dilemma. Only a week after the campaign launched, it has already raised more than $2,000 to fund the card's initial production run.

While the prototype is manufactured from hard plastic, the finished version will be made of high-grade aluminum, and may even come in different colours, according to the project's website. TORSTAR NEWS SERVICE

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Diplomacy's hard work

Avocados from Mexico brand ambassador Miss Ava Cado enjoys some guacamole with chef Michael P. Clive Monday at Royal Bank Plaza in honour of Mexican Independence Day, where 10,000 avocados from Mexico were handed out to passersby. CONTRIBUTED

When push comes to budget. Wynne not keeping promises, Horwath says

Ontario NDP Leader Andrea Horwath said Monday she did not get a commitment from Premier Kathleen Wynne to keep a series of promises this fall that were made to the New Democrats last spring.

The NDP want the minority government to use the fall session to cut auto insurance premiums, lower home-care wait times and help young people find jobs, all things the Liberals promised to get NDP support to pass the budget, said Horwath.

"I made it clear the fall session is the time for her to start making good on those promises," Horwath told reporters after the 12-minute meeting in the premier's office.

"I don't know that I got a response that makes me comfortable ... but that's why we're going to keep the government's feet to the fire."

The two leaders did not talk about the possibility of a fall election, added Horwath, who declined to say exactly how long the NDP would wait for the Liberals to keep their promises.

Wynne had requested meetings with Horwath and PC Leader Tim Hudak. The premier, who did not talk with reporters after the meeting, said the Liberals already moved on the NDP's demand to create a new financial accountability officer and also delivered on other budget promises. THE CANADIAN PRESS

Appeals decision

Drunken crash warranted firing of employee: Court

A long-time employee who got drunk at lunch and then totalled his company's truck deserved to be fired despite having had a clear work record to that point, Ontario's top court ruled Monday.

The Appeal Court said it saw no reason to interfere with the trial judge's decision against Jaroslaw Dziecielski.

Dziecielski was a 23-year employee of Toronto-based Lighting Dimensions and had become a vice-president.

In April 2007, he was driving a company pickup truck he was not authorized to drive. Dziecielski, then 45, stopped for lunch and drank four beers. After lunch, he lost control of the truck, which went off the road. He later pleaded guilty to driving drunk. THE CANADIAN PRESS

Missing girl's family in the dark

Laura Babcock. Police make new discovery in search of Millard farm, but still have few answers for girl's uncle

As the mystery of a missing Toronto woman continues to wear on her family, the former owners of Dellen Millard's farm say they are distressed over another recent discovery — barrels of potentially hazardous materials.

Toronto police spent a week scouring the Waterloo Region property, with much of their focus on the dilapidated barn where they found at least 54 barrels of unknown substances.

On Friday night officers packed up and left the farm, their search warrant expired, said Const. Victor Kwong.

Since then, there have been no updates — or even plans for an update — about Laura Babcock, 23, who was last seen in June 2012. Her phone records show several calls to Millard, with whom friends and family said she was having a romantic relationship.

Looking for answers

"Someone knows something that is important enough to tie Laura to that farm."

Thomas Ryan, Laura Babcock's uncle, who says police haven't given him any new info

Hamilton police found the burned remains of 32-year-old Ancaster man Tim Bosma on Millard's sprawling farm in May. Bosma left his home late one night to take two men on a test drive of his Dodge Ram and disappeared. Millard, 28, is charged in his murder with another man, 26-year-old Mark Smich.

The massive police presence at the farm continues to haunt Babcock's family.

"Over the weekend, we were trying to be hopeful, but the gravity of the situation is starting to sink in," said Babcock's uncle Thomas Ryan. "They were at the farm for five days. They had dozens of officers there looking for something related to Laura and still nothing. We're in the same spot we were 15 months ago when she disappeared."

TORSTAR NEWS SERVICE

The naked truth

Katherine Curtis, left, and Eila Adams check out Metro Monday at the press event for the launch of Naked News Uncovered, a documentary series about Naked News. The Super Channel production from Toronto-based AllScreen Entertainment will have its broadcast premiere on Sept. 23. CENTRAL IMAGE AGENCY/FOR METRO

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Andayah Laramee, Christian Martin and Kafaye Clarke stand in front of their newly completed, city-supported mural at Kipling Avenue and Belfield Road, at the "gateway to Rexdale." ZOE MCKNIGHT/TORSTAR NEWS SERVICE

115-metre mural unveiled in Rexdale

The teenage painters of a new community mural in Rexdale decided to illustrate their neighbourhood with a plane taking off.

The mural, near an underpass on Kipling Avenue at Belfield Road, isn't far from the airport, but 16-year-old Kafaye Clarke said the airplane also symbolizes his neighbourhood is in transition.

"There's a lot of positive stuff happening in this part of town. In this community and in Rexdale as a whole," Clarke said.

"This neighbourhood's going to keep on progressing and it's going to keep on getting better. It's going up from here."

He was one of 20 young painters, led by local artist Emilia Jajus, who worked for five weeks this summer on the 115-metre-long mural unveiled at the so-called "gateway to Rexdale" on Monday morning by Toronto's Arts for Children and Youth agency.

All participants were from one of Toronto's priority neighbourhoods or a marginalized community as part of that nonprofit organization's mandate, said executive director Julie Frost.

Frost said Doug Ford, councillor for Ward 2, approached her last year about the mural, which also features the GO train that runs through the area, as well as racehorses — Woodbine racetrack is three kilometres away — and differently coloured feathers to represent Rexdale's ethnic diversity. TORSTAR NEWS SERVICE

13 dead in shooting rampage at Washington naval complex

Gunman shot dead.
Ex-military man involved in what Obama calls a 'cowardly act'

The U.S. capital became the latest American city to grapple with scenes of chaos and bloodshed Monday when a former military man opened fire at the city's Navy Yard, killing 12 people at the largest of the U.S. Navy's five system commands.

While one gunman also was shot dead, police said there was one other potential perpetrator still at large, an armed man dressed in military garb who was being sought by police.

A third man, also clad in military-style outfit, was cleared as a suspect, police said.

The dead shooter was identified as a 34-year-old Texas man, Aaron Alexis, a former Navy reservist. The FBI appealed to the public to come forward with information about Alexis, born in New York City.

In one of the most powerful cities on Earth, a metropolis where security is of paramount concern, the notion of multiple perpetrators targeting a military institution raised the spectre of an orchestrated attack 12 years after al-Qaida terrorists commandeered a hijacked jetliner into the Pentagon.

The city's mayor, Vincent Gray, said officials had no reason to believe the shooting was an act of terrorism.

"We'll continue to seek information about what the motive is," he said. "We don't have any reason at this stage to suspect terrorism, but certainly it has not been ruled out."

THE CANADIAN PRESS

People are escorted out of the building where a deadly shooting rampage occurred at the Washington Navy Yard in Washington, D.C. on Monday. Inset, a photo of now-dead Aaron Alexis, who police believe was one perpetrator. JACQUELYN MARTIN/THE ASSOCIATED PRESS; INSET: FBI/THE ASSOCIATED PRESS

Kant we all just get along?

Philosophy debate ends in gunfire

An argument in southern Russia over philosopher Immanuel Kant devolved into pure mayhem when one debater shot the other.

A police spokeswoman in Rostov-on-Don said two men were discussing Kant as they stood in line to buy beer at a small store on Sunday. The discussion deteriorated into a fist fight and one participant pulled out a small nonlethal pistol and fired repeatedly.

The victim was hospitalized with injuries that were not life-threatening.

It was not clear which of Kant's ideas may have triggered the violence.

THE ASSOCIATED PRESS

Quebec

Charter of Values doomed, Harper predicts

Prime Minister Stephen Harper predicts the Parti Québécois' controversial values charter will fail because of opposition within Quebec.

Harper made his first remarks since the Quebec government released a plan last week that would bar people with religious headwear from working in the public service.

Harper was asked Monday about the controversial proposal, following the release of a poll on the subject.

"I do not see the charter in its current form going anywhere," Harper said.

THE ASSOCIATED PRESS

320 km, $30,000

GM working on electric car that goes farther for less

As automakers race to make cheaper electric cars with greater battery range, General Motors is working on one that can go 320 kilometres per charge at a cost of about $30,000, a top company executive said.

Vice-President of Global Product Development Doug Parks wouldn't say when or if such a car will be built.

Currently GM sells the $35,000 Chevrolet Volt plug-in hybrid, which can go 61 kilometres on electricity before a gas-powered generator kicks in.

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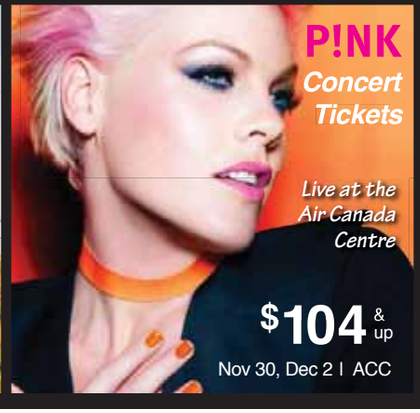

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UN: 'Convincing evidence' of chemical attack in Syria

Inspection. Still not clear who's to blame as war crimes panel says they're investigating 14 suspected attacks

UN Secretary General Ban Ki-moon
THE ASSOCIATED PRESS

Careful not to blame either side for a deadly chemical weapon attack, UN inspectors reported Monday that rockets loaded with the nerve agent sarin had been fired from an area where Syria's military has bases, but said the evidence could have been manipulated in the rebel-controlled stricken neighbourhoods.

The U.S., Britain and France jumped on evidence in the report — especially the type of rockets, the composition of the sarin agent and trajectory of the missiles — to declare that President Bashar Assad's government was responsible.

Russia, Syria's closest ally, called the investigators' findings "deeply disturbing," but said it was too early to draw conclusions. The Syrian government's claims that opposition forces were responsible for the attack "cannot be simply shrugged off," Russian Ambassador Vitaly Churkin insisted.

The conclusions represented the first official confirmation by impartial scientific experts that chemical weapons were used in Syria's civil war, but the inspectors' limited mandate barred them from identifying who was responsible for the Aug. 21 attack.

"This is a war crime," UN Secretary-General Ban Ki-moon told the Security Council. "The results are overwhelming and indisputable. The facts speak for themselves."

Ban called it "the worst use of weapons of mass destruction in the 21st century."

The deep division between Western backers of rebels seeking to overthrow Assad and Russian and Chinese supporters of the regime has paralyzed the UN Security Council since the Syrian conflict began two and a half years ago.

Even though the United States and Russia agreed Saturday on the framework to put Syria's chemical weapons stockpile and precursors under international control for future destruction, their top diplomats were at odds Monday over a new Security Council resolution that would make the deal legally binding — and whether there should be a reference to possible military enforcement if Syria doesn't comply.

In Geneva, the chairman of a UN war crimes panel said it is investigating 14 suspected chemical attacks in Syria, dramatically escalating the stakes. Paulo Sergio Pinheiro said the panel had not pinpointed the chemical used or who is responsible. THE ASSOCIATED PRESS

Turkey

Syrian copter shot down

A Turkish fighter jet shot down a Syrian military helicopter on Monday after it entered Turkish airspace and ignored repeated warnings, an official said. The helicopter strayed two kilometres into Turkish airspace, but crashed in Syria.

Mexico. At least 34 dead after two different storms cause flooding, landslides

The remnants of Hurricane Ingrid and Tropical Storm Manuel drenched Mexico's Gulf and Pacific coasts with more torrential rains Monday, flooding towns and cities, cutting highways and setting off landslides in a national emergency that federal authorities said had caused at least 34 deaths.

The Mexican government said the country had not seen a similar weather crisis since 1958, when the country was simultaneously hit by two tropical storms on separate coasts.

The governor of the Gulf Coast state of Veracruz announced that 12 people died when a landslide smashed into a bus travelling through the town of Altotonga, about 40 miles northwest of the state capital. Gov. Javier Duarte said the death toll could grow as bodies were recovered.

More than 23,000 people fled their homes in the state due to heavy rains spawned by Ingrid, and 9,000 went to emergency shelters.
THE ASSOCIATED PRESS

Floodwaters rage after the Huacapa River overflowed due to heavy rains caused by Tropical Storm Manuel in Mexico. ALEJANDRINO GONZALEZ/THE ASSOCIATED PRESS

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India. Girl, 13, enrols in master of microbiology, hopes to become an MD

In a country where many girls are still discouraged from going to school, Sushma Verma is having anything but a typical childhood.

The 13-year-old girl from a poor family in north India has enrolled in a master's degree in microbiology, after her father sold his land to pay for some of his daughter's tuition in the hope of catapulting her into India's growing middle class.

Verma finished high school at the age of seven and earned an undergraduate degree at 13 — milestones she said were possible only with the sacrifices and encouragement of her uneducated and impoverished parents who sold their land to pay part of her tuition.

"They allowed me to do what I wanted to do," Verma said in an interview Sunday, speaking her language of Hindi. Verma lives a very modest life with her three younger siblings and her parents — eating, sleeping and studying with them in a cramped single-room apartment in Lucknow, Uttar Pradesh. Sushma Verma's first choice was to become a doctor, but she cannot take the test to qualify for medical school until she is 18. "So I opted for the M.Sc. and then I will do a doctorate."

Verma is not the first high-achiever in her family. Her older brother was one of India's youngest computer science graduates at 14.

THE ASSOCIATED PRESS

Master of science student Sushma Verma, 13, in her tiny residence.
RAJESH KUMAR SINGH/THE ASSOCIATED PRESS

Diversity and Miss America

Newly crowned Miss America Nina Davuluri addresses the media on Monday. She was asked about some social media users who are upset that someone of Indian heritage won. "I have to rise above that," she said. Nina, a 24-year-old native of Syracuse, New York, is the first Miss America of Indian descent. GETTY IMAGES

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Copyrighting a polar bear

In this 2007 photo, Knut, the polar bear cub, has his first public appearance in the Berlin Zoo. On Monday, a European court upheld the zoo's copyright claim against a British firm that sought to market products under the name "Knut — Der Eisbaer," which is German for "Knut — The Polar Bear." The court ruled that British company Knut IP Management Ltd.'s product-line name too closely resembled the Berlin Zoo's earlier trademarked brand Knud, and could confuse consumers looking to purchase merchandise related to the zoo's most famous animal. Knut was hand-raised after his mother rejected him. He rose to stardom in 2007 as a cuddly cub, appearing on magazine covers, in a film and on mountains of merchandise. He died in 2011 after suffering from encephalitis. THE ASSOCIATED PRESS FILE

Cape Canaveral, Fla.

Cargo ship makes debut run to ISS

A Virginia company makes its debut this week as a space station delivery service, and the lone American aboard the orbiting lab is counting on a fresh stash of chocolate. NASA astronaut Karen Nyberg said she can't wait for this weekend's arrival of a new cargo ship named Cygnus. It will be the first shipment by Orbital Sciences Corp. to the International Space Station.
THE ASSOCIATED PRESS

Tehran

Iran could send cat into space

Iran's hunt for its next animal astronaut may turn to the distinctive and locally named Persian cat, an official said Monday, in another possible step by the country's ambitious aerospace program that has also raised Western concerns about spillover military applications.
THE ASSOCIATED PRESS

Wireless

Bell cuts price of U.S. roaming

Bell Canada says its mobile customers travelling in the U.S. will be able to pay lower fees for their roaming packages. The company said it's making the change in response to consumer feedback over the summer, and that the 30-day U.S. travel bundle, which formerly cost $50, will be reduced to $25 for a specified amount of call minutes, texting, web usage and other data.
THE CANADIAN PRESS

Market Minute

DOLLAR 96.85¢ (+0.20¢)
TSX 12,816.88 (+93.48)
OIL $106.59 US (-$1.62)
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Rome Travel Oct 15 - Oct 23/ac/ac	$945	$4190
London Travel Nov 6 - Nov 20/ba/fi	$969	$2329
Frankfurt Travel Oct 15 - Oct 23/ac/ac	$1045	$5867
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Boston Travel Oct 9 - Oct 16/dl	$359
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Canadians bored of action plan: Poll

Canadians tuned out another series of slick, taxpayer-funded Economic Action Plan ads that filled the airwaves in the spring, a new survey suggests.

Radio and TV spots appeared in late March to coincide with the release of the 2013 federal budget, but an internal poll of 2,009 adults indicates the action plan brand remains tarnished.

The Harris-Decima survey found 38 per cent were happy with the Conservative government's performance, the lowest level among the 10 such polls conducted since April 2009, when the first wave of action plan ads was released.

The number of people who did something as a result of seeing the ads registered at seven per cent, little changed from the six per cent for the winter ad campaign.

THE CANADIAN PRESS

The home page for the website of Canada's Economic Action Plan is shown in a screen grab from 2011.

SCREEN GRAB/THE CANADIAN PRESS FILE

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Bombardier's CSeries jet has inaugural flight

Test run. Narrow-body plane is at centre of Porter's push to expand service from island

Bombardier's CSeries aircraft completed its maiden flight Monday, in a successful test run of a new narrow-body airplane design that promises to support Canada's aerospace sector while challenging the dominance of the industry's two giants.

Nearly 3,000 employees, suppliers and invited guests cheered as the gleaming CS100 plane quietly lifted off the runway at Mirabel airport north of Montreal. It landed about 2 1/2 hours later after flying across the Lower Laurentians and conducting a fly past.

The company's test pilot left the airplane waving and lauding the aircraft's performance. "It flew very well," said Chuck Ellis.

Mike Arcamone, president of Bombardier commercial aviation, said the flight will help to convince potential customers of the aircraft's value. The company faces determined competition from industry giants Airbus and Boeing that are putting new engines on their popular planes to preserve their market share. Embraer is also updating its E2 family of jets.

"I think it will get even more competitive as people have seen across the world that there is an aircraft and it's an aircraft that is fulfilling its mission which is to be a game-changer in terms of the engine," he told reporters. The Pratt & Whitney engine promises to be quieter and help it to deliver fuel cost savings.

The president and CEO of Toronto-based Porter Airlines, which is planning to use CSeries jets to expand its service from an enlarged island airport, said he's looking forward to receiving test data to confirm the engines are as quiet as expected.

THE CANADIAN PRESS

Bombardier CEO Pierre Beaudoin, right, with commercial aircraft chief Mike Arcamone after the CS100 test flight on Monday. THE CANADIAN PRESS

Canadian-designed

- Bombardier aerospace president Guy Hachey said the CSeries is the world's first new narrow-body design in 27 years. It's also the first major Canadian-designed aircraft since the Avro Arrow.

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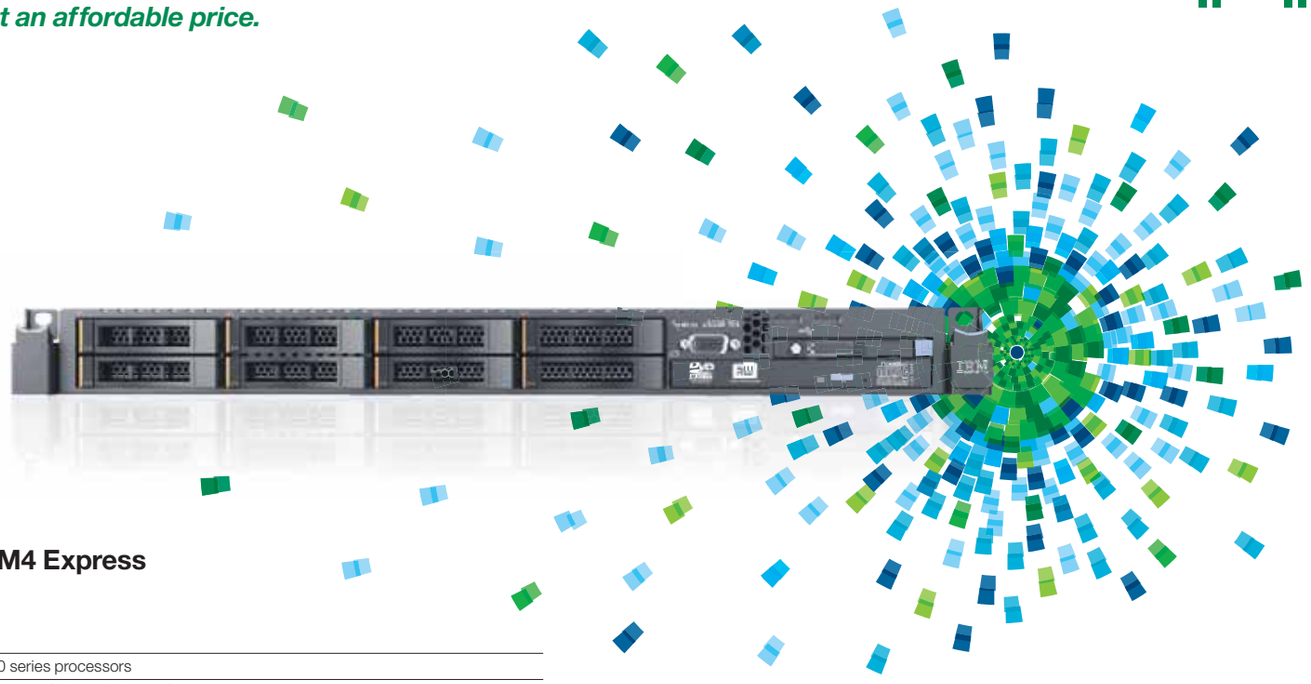

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[1]Source: SPEC CPU2006 results published at www.spec.org. SPECfp_rate_base2006 of 264 on IBM System x3550 M3 (Intel Xeon X5690) published in March 2011 and SPECfp_rate_base2006 of 492 on IBM System x3550 M4 (Intel Xeon E5-2690) published in March 2012.

[2]Results achieved by comparing recommended system to IBM System x3550 (with Xeon E5205) using IBM Systems Consolidation Evaluation Tool (https://roianalyst.alinean.com/stgi/). The comparison is between IBM System x3550 M4 and x3550 (does not include x3550 M2 or x3550 M3).

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FALL FASHION ON A SHOESTRING

SHE SAYS

Jessica Napier
metronews.ca

I'm not a fashion writer; I don't know how to theorize about textures or what makes one designer more important than another. But I do take a recreational interest in the clothes I put on my body.

Since I recently bought a new home I now have a mortgage, which in turn means I no longer have a clothing budget. Rather than investing in new designer wares for the season, I've been watching various international fashion weeks unfold through the eyes of stylish Instagram users and taking notes on how to wear my existing clothes in new ways.

And so, inspired by the world of impossibly high-heeled fashion bloggers, here are a few easy wardrobe tweaks to help you look as if you're strutting between runway shows rather than dashing from the office to your local Tim Hortons.

Sleeves are so passé. It's getting cold out there, but if you're still putting your jacket on properly then you're doing it wrong. Rather than slipping into your sleeves, adopt the style de rigueur and casually drape your outerwear over your shoulders instead. A slung-jacket will guard you from the cold (kind of) but is incredibly difficult to maintain unless you keep your elbows glued to your rib cage. To prevent your coat-as-cape from slumping to the ground, remember that this sophisticated look is best worn while standing perfectly still and away from any crowds or strong gusts of wind. Caution: this style is not compatible with purses, cell phone use, public transit or any sort of arm movement.

Hot to crop. Crop tops made a valiant return this summer and the trend is sticking around for fall with a few additional layers to offset the chill brought on by a bare midriff. But there's no need to spend $50 on a half a shirt when you can take a DIY approach instead. If you've got a pair of scissors, then you've got yourself a closet full of crop tops.

All white everything. Head-to-toe white is officially a thing now which means you don't have to stow away half your wardrobe once Labour Day has come and gone. Technically, winter white should be more of a creamy shade, but budget conscious individuals can simply repurpose their existing white jeans by trading boat shoes for boots. Keep in mind, there is a definite expiry date on any monochromatic white ensemble. Pale bottoms should be retired for the season once the snow begins to fall unless you fancy a grey slush splatter print creeping up the back of your legs.

Cap it all off. Every good Canadian owns at least one toque and finally the rest of the world is catching up with us. Now that these effortlessly cool knits have made the leap from skating rinks to street style, it's time to dig through that collection of slouchy caps hiding at the back of your closet. Not only are colourful toques a playful way to update your outfit, you'll also get bonus points for actually being practical in colder temperatures. Fashion and function together at last.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Shipwreck wrested from reef

MARCO SECCHI/GETTY IMAGES

Parbuckling begins on Costa Concordia

The parbuckling project to raise the stricken Costa Concordia continued Monday in Isola del Giglio, Italy. Efforts are underway to right the vessel, which sank on Jan. 12, 2012.

If the operation is successful, it will then be towed away and scrapped.

GETTY IMAGES

Captain on trial

- The Concordia's captain is on trial on the mainland for alleged manslaughter, causing a shipwreck and abandoning the ship during the chaotic and delayed evacuation. Capt. Francesco Schettino claims the reef wasn't on the nautical charts for the liner's cruise.

Submerged side damaged by sea

Images transmitted by robotic diving vehicles indicated that the submerged side of the cruise ship's hull had suffered "great deformation" from all its time on the granite seabed, battered by waves and compressed under the weight of the ship's 115,000 tons, engineer Sergio Girotto said.

THE ASSOCIATED PRESS

Largest vessel to undergo manoeuvre

The operation, known in nautical parlance as parbuckling, was used on the USS Oklahoma in 1943 after the Japanese attack on Pearl Harbor. But this 300-metre vessel is the largest cruise ship ever to capsize and subsequently require the complex rotation. THE ASSOCIATED PRESS

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

Finally, hashtag haters, you've been heard. From journalists to marketers, hashtag abusers wreaking havoc on social media are being hushed and over-hashtagging is slowly coming to a halt. But Rome wasn't built in a day, and ridding the information superhighway of gratuitous tags takes time. Here's hoping we can hurry the process just a little. Presenting, the hashtag hall of shame.

#Yum #Mmmm:
I'm sorry to tell you, but pretty much no one cares what you're eating. Even if you use a filter and it looks like a Rachel Ray creation.

#SorryNotSorry:
Obviously you're not sorry, so why bother with the apologetic tease?

ISTOCK

#FirstWorldProblems:
Complaining about Timmies' cup design just makes you sound ignorant to actual injustices around the world.

#yolo:
Just don't. Seriously. Don't.

Twitter

@metropicks asked: Giant jellyfish swarm Japan's coast as numbers rise. If there were a film, what would be the title?

@8zenuf4me: They must be jelly, because clams don't shake like that.

@LegendaryAres: Got Jelly?

@mubnii: "I don't think you're ready for this Jelly"

@Ducks_own: The Art of Man-of-War.

@DonaldTietz: don't worry the radiation will kill them or make them grow to the size of a house.

@Canucklehead_ca: Jellraiser IV: The Jellyfish Take Japan.

@Stephycool16: Japan's Giant Jellyfish problem

@DariaTuhtar: Jellyfishnado.

@8zenuf4me: Global swarming of jellyfish: Do they come in lime flavor?

Follow @metropicks and take part in our daily poll.

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DVD reviews

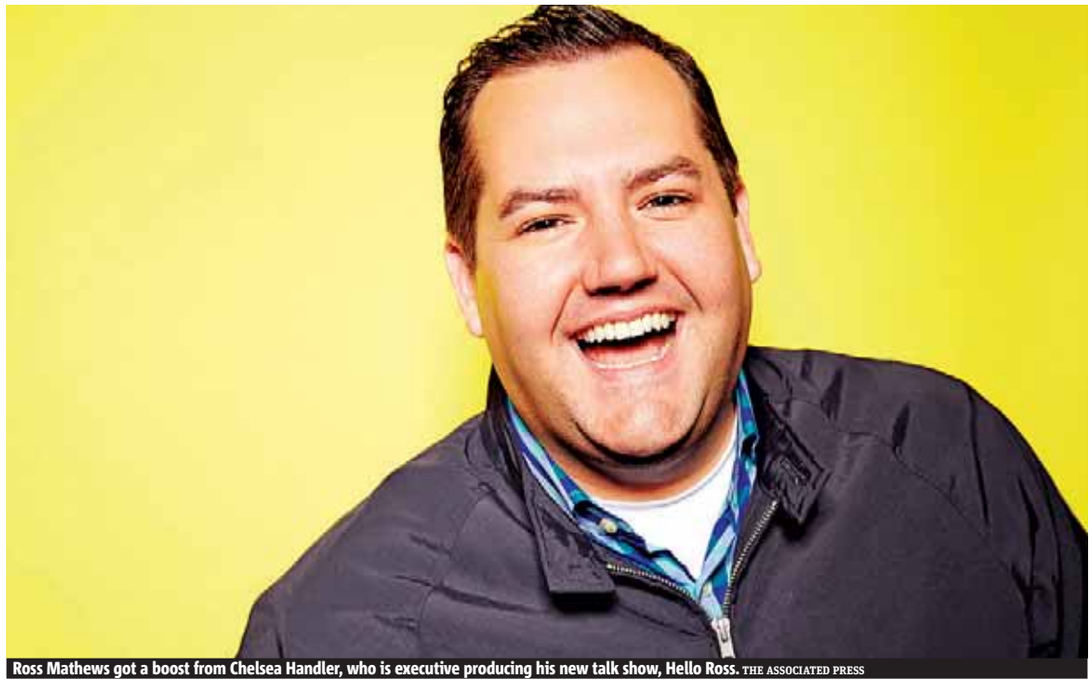
Iron Man 3

Director. Shane Black

Stars. Robert Downey Jr., Gwyneth Paltrow, Don Cheadle

Robert Downey Jr.'s brainiac billionaire Tony Stark calls himself a "piping hot mess," which also describes this third Iron Man saga: a smoking heap of chuckles and knuckles, set to the ring of Jingle Bells and the clang of iron suits and war machines. Stark suffers anxious flashbacks of last year's The Avengers tussle while at the same time cockily daring this year's super villain, a terrorist called the Mandarin (Ben Kingsley), to bring it on, GWB style. The taunt brings fire to Stark's Malibu pad, but Iron Man 3 actually begins on New Year's Eve 1999, as Stark meets two players who will later demonstrate what "karma" means: sexy botanist Maya Hansen (Rebecca Hall) and frantic nerd Aldrich Killian (Guy Pearce). Jump to 2013 and Stark is dealing with as many challenges and threats as writer/director Shane Black (and co-writer Drew Pearce) can stuff into their Plot-a-Matic machine, which includes a fly-apart Iron Man outfit that acts as visual shorthand for Tony's fractured psyche. He's as arrogant as ever, but reluctant to suit up. We need to remind ourselves that this is a comic book movie, where logic stops for popcorn. On this basis, Iron Man 3 offers a few twisted pleasures. Extras include deleted and extended scenes, a commentary by Black and Pearce, a gag reel and several making-of featurettes.

PETER HOWELL



Ross Mathews got a boost from Chelsea Handler, who is executive producing his new talk show, Hello Ross. THE ASSOCIATED PRESS

Living a superfan's dream

Hello Ross. When it comes to celebrity obsession, Ross Mathews is king — and he's got his own show to prove it

With his high-pitch voice, infectious giggle and encyclopedic knowledge of pop culture and entertainment, TV personality Ross Mathews has broken into the in-crowd of Hollywood.

After starting out as Ross the Intern on The Tonight Show, he now counts Gwyneth Paltrow and comedian Chelsea Handler as friends.

Handler is also his boss. She frequently uses him on her round table of commentators on E!'s Chelsea Lately. Now she's executive producing Mathews' own talk show called Hello Ross, airing Fridays on E!

"This really is the show that I always wish existed as a superfan myself," the 33-year-old said in a recent interview.

Hello Ross is different from Chelsea Lately. Handler's show specializes in snark, taking swipes at the latest celebrity gossip. Her interviews tend to knock stars down a few pegs, but Mathews is looking to build them back up on Hello Ross. It's an interactive experience where he both conducts interviews and also helps connect fans with their favourite entertainers.

Celebrities can be tough interviews because they're so rehearsed. And here you come and you're so happy and excited. Has that helped or hurt you?

Being a superfan in a town where a lot of times these interviews are mapped out with talking points, I think it's worked in my favour in terms of you catch people off guard with the energy and the knowledge that I have. It's led to some spontaneous moments.

You love celebrities but you've become one in your own right. What's that like?

I get to go into the parties and I pretend like I'm not freaking out and then I get into my car and I scream and I call my mom and say, "O-M-G, guess who was at the party and guess what they ate and how many chicken fingers they had?" Because I was counting.

You grew up in a small town, Mount Vernon, Wash., loving showbiz from afar. Did people then think you were destined for fame?

Growing up, you know, wanting to do this and being what I am, which is like this cartoon version of like a gay person with a big voice and a high pitch, there were a lot of people who told me, "It's probably not gonna happen for you. Broadcasting? It's probably not the way you should go." I'm lucky.

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Kelly Rowland and Simon Cowell on The X-Factor. THE ASSOCIATED PRESS

Newbies, can you handle this?

Kelly Rowland. The X-Factor judge dishes on finding talent

MAJA LUNDAGER PEDERSEN
Metro World News in New York

Kelly Rowland has been through the highs and lows of the music industry, with its refusals and disappointments.

Being signed, being dropped, being signed, then being placed on a shelf, as she puts it. Today she sits as one of four judges in the third season of the U.S. version of The X-Factor, and she's happy to share what she's learned with contestants this season.

"Coming up in the music industry I ran into people who had some harsh things to say, but I grew more from people who actually were constructive and gave details about how I can grow," she says. "I paid attention to those people and wanted to apply that to the way I'm a judge, because it's about seeing people grow and be better and become something wonderful."

But what does wonderful mean to her?

"I think, above anything, people love to see passion, and

"I think that when it comes to performing, people just want to be entertained.

"If you're not up there having fun, then how can anybody else who is watching you have fun?"

Rowland says she's looking for fun, and while some might fear that could cloud her judgment, Rowland's not worried.

"I've turned someone down because they had a wonderful look and they sounded awful.

"I don't want them to come into this competition thinking they can get on by their looks.

"It's more than that. It's your talent, your passion, your hunger and your dedication.

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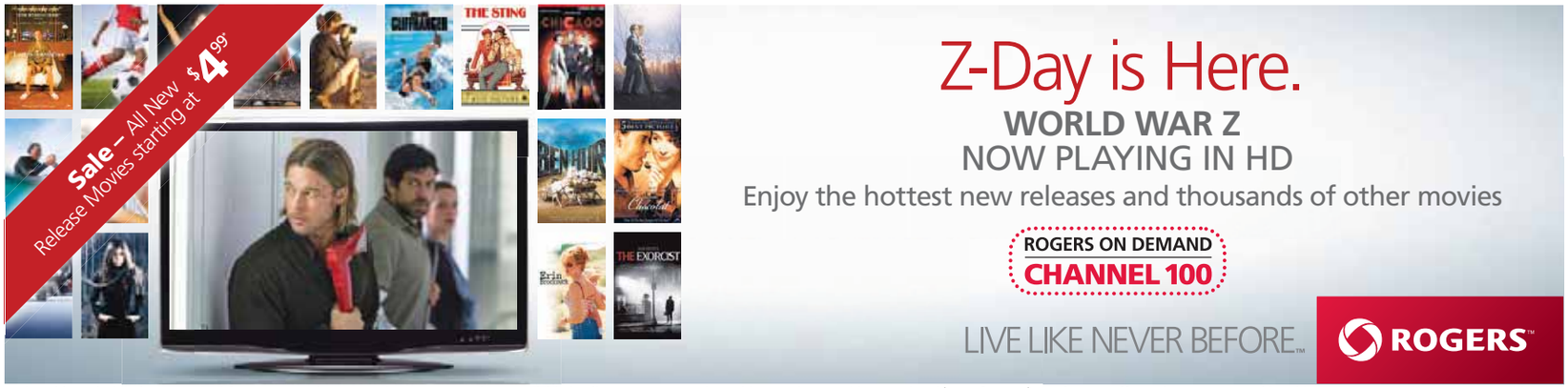
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Kaling earns right to join comedy's female elite

The Mindy Project. Since her humble beginnings at The Office the South Asian-American funny gal has forged a solid career

And legs for days

"He has a smile that could stop a clock."

Actress/executive producer Mindy Kaling
On meeting and working with James Franco.

Mindy Kaling stars in and executive produces The Mindy Show. THE CANADIAN PRESS

Don't be fooled by her short hairdo. Mindy Kaling wants you to know she did not cut her hair.

"This is a wig right now," she tells reporters gathered on the set of The Mindy Project. The second year comedy returns Tuesday on Fox and City.

"I love having the short hair," she says, "but my writing staff largely hates it."

One of her writers predicted that if she cut her hair — as Keri Russell did years ago to disastrous effect on Felicity — the show would tank. Still, "chopping your hair off is something every woman fantasizes about doing," she says, and while her long hair remains under her wig, she's happy for now to have it both ways.

In many ways the 34-year-old Kaling is living her fantasies. While a slow build with audiences, The Mindy Project was a hit with critics, especially as it grew toward its first season cliffhanger finale.

Fans will recall Kaling's smart and snappy character, obstetrician/gynecologist Dr. Mindy Lahiri, was in the middle of a personal crisis when the season ended. She cut both her hair and her ties to her beloved New York to follow her Christian minister boyfriend Casey (Anders Holm) on a year-long mission to Haiti. Everybody knows that's not going to last.

It showed, however, that Kaling was willing to stretch the series beyond the original, smarty-pants girl-in-the-city premise to give it more heart. The Mindy Show has evolved into a cheeky ensemble series, with Kaling's character growing along with it. A steady flow of big-name guest stars — James Franco appears as a rival doctor in Tuesday's season opener, along with returning guest star Chloe Sevigny and former Saturday Night Live alumnus Bill Hader — has helped bring more viewers to this smart sitcom. Reese Witherspoon and Anne Hathaway are on Kaling's wish list for this season.

The star power even gets to Kaling, who first met Franco last year while both were working on This is the End.

Says Kaling, "He has a smile that could stop a clock."

She and her regular co-stars, including Chris Messina as gruff-but-loveable Dr. Danny Castellano and Ike Barinholtz as eccentric nurse Morgan Tookers, sat before critics on one of the show's sound stages. One reporter suggested Dr. Mindy began more as a callous, self-involved Larry David-type character and got more likable as the season progressed. Kaling agreed. "As it turns out, you shouldn't be on TV and be like, 'I want to be unlikable,'" said Kaling. "That's one of the things you learn."

The writer/actress also learned that, while keeping the show edgy and being true to her younger comedy cred, there are certain TV conventions you just have to follow to draw a network audience.

"There's a sense of protecting a female character that I hadn't really anticipated," says Kaling, who nevertheless still seems determined to "stretch what we expect female characters to do." The Massachusetts native has only ever been on one previous series — but what a hot house that was. A Dartmouth graduate, she landed a writing job on The Office at age 24 — the only woman on a staff of eight writers.

Within a few years, she was a co-star on the series as Kelly Kapoor. By the time she left to do The Mindy Project, she was an Emmy-nominated executive producer. Kaling is part of a new generation of female comedy showrunners emerging in Hollywood. Lena Dunham, who stars, writes and created HBO's Girls and Liz Meriwether, the creator and executive producer/writer behind New Girl, are following 30 Rock and former Saturday Night Live head writer Tina Fey into TV's creative power positions.

Kaling is the first South Asian-American woman to headline her own U.S. network TV series. Having the confidence to follow her dream is something she says she got from her parents, who "rocked. They thought I could do anything," says Kaling, whose father is an architect and whose mother, like Kaling's TV character, was a gynecologist.

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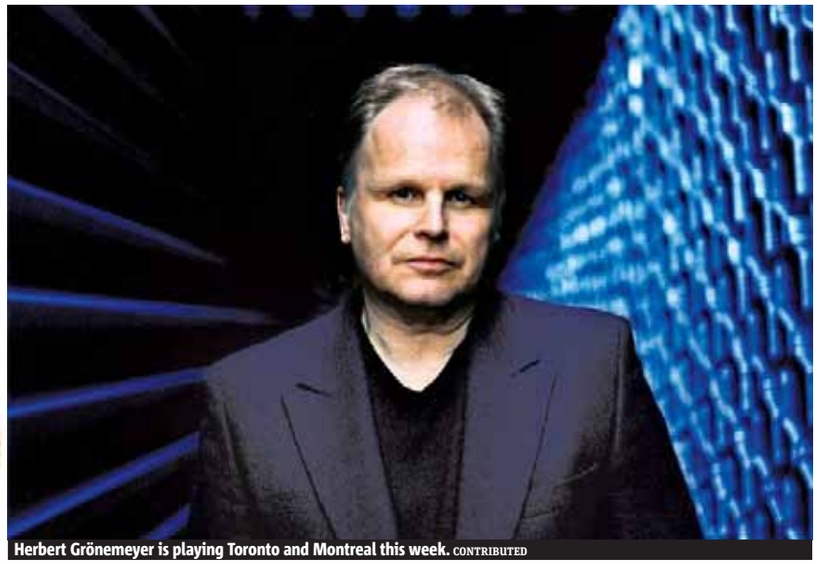


Herbert Grönemeyer is playing Toronto and Montreal this week. CONTRIBUTED

From darkness to light

Herbert Grönemeyer. Singer turns tragedy into sweet music

PAT HEALY
Metro World News in Boston

Herbert Grönemeyer is one of the most popular musicians in his home country of Germany, having sold more than 13 million albums. But the venues he's playing on his first North American tour are decidedly more humble, and he's OK with that.

"You play in a way in front of people that haven't heard you before," he says.

"You have to focus much more on the music and convince the people that night and it brings you back to the roots where you actually started."

His sharp voice cuts through the fog of dark arrangements on his most recent release, I Walk, which is sung in English.

For comparison, think Steve Winwood or Peter Gabriel

"There's a certain melancholic taste to it," he acknowledges, "but I'm a very optimistic person and when we play, we're very outgoing and quite energetic."

The first song on the album is Mensch, which he has reason to imbue with melancholy.

"I had quite a catastrophe in my life in the late '90s," he says.

"My brother and my wife died in the same week, and I'm very much a people-person, and my father was a very strong person and he always said, 'the only thing that carries you through life is your friends, just be careful to always look after them.' And in this moment of tough times, it proved exactly right.

"Those were the things that helped me through the dark days: my friends. ... I tried to sing this song, saying that this really helped me through these days; and it proved right what I've always known in my life, and it's really great to be here and enjoy life and all this beauty, and the only thing that's really give it a shadow is that you're not with me here."

One friend who helped him out on this song was Bono.

"I met him through Anton Corbijn, the photographer, and we have been working on this Make Poverty History project for seven or eight years," says Grönemeyer.

"He was in Berlin and he came around and he was sitting on the sofa and just said, 'Play me some songs.'

Starting from scratch

"You play in a way in front of people that haven't heard you before. You have to focus much more on the music and convince the people that night and it brings you back to the roots where you actually started."

Herbert Grönemeyer on playing to North American crowds.

He was suddenly very into the album, and he said, 'Why don't you send me some playbacks? I'll try to hum something.' ... And then what came back was Mensch, fully sung! ... So I created this duet out of it."

No hassle for the Hoff

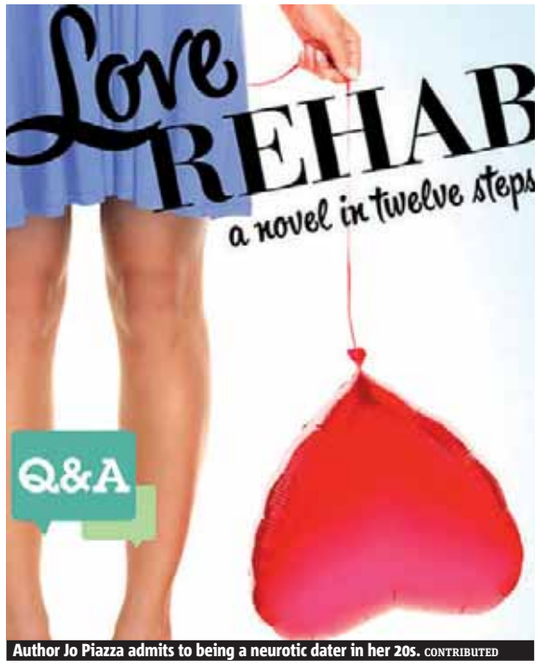
Herbert Grönemeyer wants to set something straight. There's a misperception over here that Germany has a love for all things David Hasselhoff. "Hasselhoff, I don't want to say anything wrong about this, but it's more this American view that Hasselhoff made it in Germany," he says. "We have so many great artists from America who are big in Germany, but Hasselhoff, let's call him a kind of comedian."

- **Canadian show dates.** Groenemeyer plays Let National in Montreal on Sept. 19 and The Opera House in Toronto on Sept. 20.

Mend your heart with the turn of a page

Love Rehab: A Novel in 12 Steps. Author Jo Piazza used her own experiences as well as those of actual love rehab attendees to create book designed for the lovesick

MAJA LUNDAGER
Metro World News in NYC



Author Jo Piazza admits to being a neurotic dater in her 20s. CONTRIBUTED

Author Jo Piazza knows what it's like to be a love addict.

"I was a complete neurotic dater when I was in my 20s. I used to Google stalk my boyfriends, drive past their houses and I went completely insane during some breakups," says the author of the new book Love Rehab: A Novel in 12 Steps.

But Piazza knows she isn't the only girl in the world who has done crazy things for love. While researching the book and her main character, Sophie, Piazza discovered actual love rehab centres where forlorn women are coached through their obsessions. They get help to overcome past relationships while also learning how to be independent.

"Sophie became this combination of my own experiences, my friends' experiences and stories from around 500 women I interviewed at different rehab centres," Piazza tells Metro. "I also contacted an anthropology professor. She told me the feelings you get from love are the same you get from cocaine. When those feelings go away, you go through withdrawal in the same way (as when you quit drugs). It's a novel but there's a lot of research behind it."

Piazza points to our generation's preoccupation with social media as to why anxiety surrounds many women and their relationships. You can really keep an eye on your current boyfriend (or your ex) thanks to sites like Facebook, Twitter and Instagram. The life-snippets and images they promote let the imagination run wild.

"In rehab, women actually get to identify their addictions. They realize that everyone does the same things," she says. "Most women in rehab don't want to get out of their relationships even though they are really bad for them. They are scared of being alone, and that fear drives so many women to bad behaviour."

For Piazza, writing Love Rehab was her own cathartic experience. "While I was writing this book, I really evaluated myself and my relationships," she recounts. "I thought about what I had done wrong and right; in a lot of ways, this book puts me in a very good place — a place where I have met a good guy who treats me really well and with whom I haven't had any drama — fingers crossed."

THE ASSOCIATED PRESS

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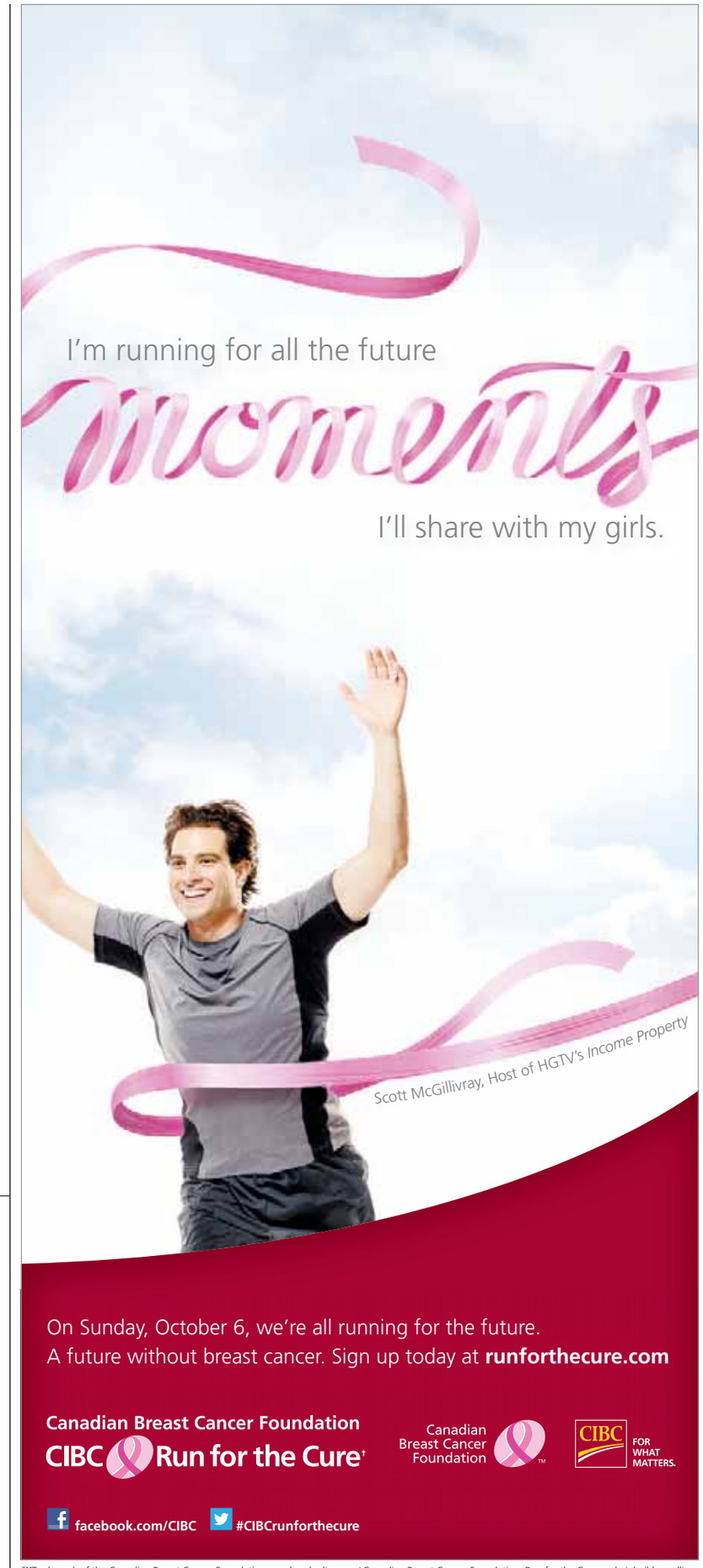
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Jessica Timberlake

I'm bringing tradition back: Jessica takes on the Timberlake name

Get used to saying "Jessica Timberlake," as Jessica Biel has officially changed her name nearly one year after marrying Justin Timberlake. "It's official. The paperwork is done and she's now legally Jessica Timberlake," a source confirms to Life & Style. The actress will still use her maiden name for professional purposes, though, so don't expect to see Jessica Timberlake on any movie posters anytime soon.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Spears heads to the strip for a six-figure-a-day salary

THE WORD
Dorothy Robinson
scene@metronews.ca

Britney Spears has signed a two-year contract with Planet Hollywood Las Vegas to be the headliner of a "cool, hip club-like show," per producers. Her pay out is a cool $310,000 per show with the starlet performing 48 shows a year.

The final pay out will be around $15 million a year, per TMZ.com. In May, Spears talked to Shape about how she is training for the gig. "I'm doing 90 minutes of yoga twice a week in addition to a lot of cardio — hour-long sessions three times a week with my trainer, Tony Martinez," she said. "The (Vegas) performances won't be simple — they'll be a massive party from start to finish. And to pull this off, I have to be in top condition and running at full speed."

Jen says Ben is handling hecklers like a superhero

Complain all you want about Ben Affleck being cast as the next Batman, he can take it. In fact, to hear his wife, Jennifer Garner, tell it, the couple likes to laugh at some of the more outrageous online reactions to the news — or at least she does. "I'll send him stuff and I'll say, 'Come on, this is a good one,'" Garner tells Metro World News. As for sparing Affleck's feelings, Garner says not to worry about it. "Look, he's a grown-up, he's been around a long time. He's a pretty tough guy. You don't take one of these jobs expecting anything else," she says.

Jennifer Garner and Ben Affleck

Twitter

@AlbertBrooks
How can we attack Syria without giving Dennis Rodman a chance?

@pattonoswalt
Did Elton John ever rate any of the other nights in terms of fighting? Thursday? Alright? So-so?

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Ray-Ban Aviators are the most common polarized lense. CONTRIBUTED

Dolce & Gabbana with gradient polar lenses. CONTRIBUTED

It's time to upgrade to polarized sunglasses

End of summer. Just because the weather is getting cooler doesn't mean you don't still have to be concerned about your eye care

JULIE KAYZERMAN
Metro World News

With light constantly reflecting off of surfaces like water or cars, regular sunglasses just aren't enough to protect our eyes from harmful bouncing UV rays.

The good news is polarized lenses can block light from getting into your eyes and keep you looking younger.

"The huge benefit is that it does reduce that glare," says Kristen McCabe, vice-president of product at Sunglass Hut.

"If you don't have polarized lenses, even if (your shades are) tinted, the light will still pass through. So when the light is getting into your retina, you squint, which can create premature wrinkles. Polarized lenses not only help you see better, but over time they help you look better, too."

McCabe's Picks

For your first pair of polarized frames, Kristen McCabe, vice-president of product at Sunglass Hut recommends a classic like the Ray-Ban aviators.

- **Quote.** "It's such a great versatile shape that's appropriate for every occasion, so that's a real investment piece that you can wear for years."
- **Dolce & Gabbana with gradient polar lenses.** "Gradient lenses are just a little bit softer, more feminine looking."
- **Prada with oversized gradient polar lenses.** "It's an oversize, kind of edgy oval look (offering) that iconic Prada logo."

What is polarization?

"Polarization, commonly known as glare, occurs when light reflects off a surface, like the ocean, a bright blue sky or the open road."

Kristen McCabe
Vice-president of product at Sunglass Hut.

"Polarization, commonly known as glare, occurs when light reflects off a surface, like the ocean, a bright blue sky or the open road."

How do they work?

"Polarized glasses have special lenses that deflect sun, allowing for a reduction in glare and increased visibility."

Elisha Dacey

Half Off check-in: A bump in the road

Two weeks ago we introduced Metro Winnipeg editor Elisha Dacey, who has teamed up with fitness professional Jordan Cieciwa and registered nutritionist Theresa Albert.

Dacey wants to lose half of her body weight and has been writing about it in her online blog, Half Off.

There have been a few recent bumps ("all part of life," says Dacey) including gallbladder surgery, her daughter starting school and an upcoming move into a new house.

"But I'm determined not to go off course," she says. "I'm trying really hard."

While her home exercise program is on hold, there are still ways to be active.

"In fact, the surgery was a good life event to learn how to prepare knowing that she's not going to be able to lift weights," says Cieciwa.

With the doctor's OK, he wants her to do a 30-minute walk twice a day.

"Depending on weather and fatigue, that's my target and I've walked every day since the surgery," says Dacey.

For other healthy ways to get unstuck, visit metronews.ca/voices/half-off.

For those following along at home, don't stop doing the home exercise program. A downloadable version can be found at the above link.

YLVA VAN BUUREN/ FOR METRO

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Not all sneezes are created equal: the difference between colds and flus

Seasonal health.
Influenza and the cold are often mistaken for the same thing but they have very different symptoms

Get educated about cold and flu symptoms. NEWS CANADA

Many people confuse the flu with a bad cold — so what's the difference and how do you properly treat it?

In some ways they are similar. Both influenza, commonly referred to as "the flu," and the common cold are viral respiratory infections, affecting the nose, throat and lungs.

They are spread from person to person through airborne droplets that are sneezed or coughed up by an infected person.

In other cases, the viruses can be spread when a person touches an infected surface and then touches their nose, mouth or eyes.

This is the reason why these illnesses are most easily spread in crowded conditions such as schools or the workplace.

But the flu and a common cold usually have different symptoms, and are associated with different complications.

Quotable

"Influenza is associated with more serious complications when compared with the common cold. It can lead to pneumonia or respiratory failure and can potentially be life threatening."

Bowen Chen
Target Pharmacist

"Influenza is associated with more serious complications when compared with the common cold," says Bowen Chen, Target Pharmacist. "It can lead to pneumonia or respiratory failure and can potentially be life threatening, so it has to be taken very seriously — this is especially relevant in at-risk populations such as the elderly or very young children."

In terms of symptoms, the flu is usually associated with a high fever, headaches and aches and pains.

Although a stuffy nose, sneezing and sore throat can occur with both illnesses, these symptoms are more common in colds.

There are a variety of prescription and non-prescription medications that are useful for relieving symptoms and for controlling pain.

Consult your pharmacist or health-care professional to determine which medication is the right one for you.

Antibiotics are not effective for the flu or a cold unless a bacterial infection develops. Antiviral medications may be helpful in reducing the duration of your flu, but they must be taken within 48 hours of developing symptoms. NEWS CANADA

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Why you can't get caught being stupid with your smartphone

Mental health.
Nobody needs the stress of losing a phone — so practise these simple steps to avoid problems

Losing a cellphone can cause major headaches. ISTOCK PHOTOS

The alarm goes off. You hit snooze again, trying to grab that tiny bit of shut-eye for the last time.

And then you wake up with a start as you realize that you are about to be late for work.

Frantically, you spring out of bed, run to the shower, brush your teeth, grab your desperately needed cup of java and head out the door — made it. On the bus, you reach for your smartphone to get a head start on your day. To your despair, it is nowhere to be found. You feel your face begin to flush and you wonder how you are ever going to make it through the day.

Sound familiar? Let's face it, we are constantly plugged into our mobile devices. They have become such an essential part of our lives that we feel lost without them.

In a relatively short time, cellphones have evolved from a traditional phone to something that now has most of the features found on a personal computer. We store email, social accounts, photos and contact information; we access mobile banking sites, browse the Internet, use apps and more.

With all of these bells and whistles at our fingertips, protecting our device is more important than ever. You can stay clear of potential threats by following these tips:

Password-protect your phone.
All mobile devices can be locked with a password or a number code. It's a very simple step that can protect your personal information in the event that your device is ever lost or stolen.

Avoid connecting to unknown or non-password protected Wi-Fi networks, even if they are private.
An unsecured wireless network can compromise your information, including your contact list, as well as give someone else use of your data plan.

Think carefully about what you absolutely need to store on your mobile device, and erase everything else.
If it's lost or stolen, you could be placing personal information in someone else's hands.

NEWS CANADA

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BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In the October issue of Best Health, freelance writer Stacey Stein explores some of the kitchen ingredients that can help with various skin issues.

For acne, try manuka honey.
Derived from a plant native to New Zealand and Australia, manuka honey is a thick and slightly bitter honey with powerful antibacterial properties. One expert we spoke to says its antibacterial activity can "diffuse across skin and get down into the infection that is causing the acne spots." To apply, soak a bandage with the honey and place it on the pimple or small area of the affected skin. Manuka honey can be found at health food stores.

For rosacea, try oatmeal.
Brimming with vitamins A and E, oatmeal is an anti-inflammatory that can help calm irritated skin. It's also packed with skin-soothing starches and beta-glucans, which provide a protective barrier for the skin. You can make a mask with it by adding a little warm water to oatmeal and mixing it into a thick paste. It will feel soothing; once it's dry, rinse if off with warm water.

For eczema, try coconut oil.
Eczema is an immunological abnormality of the barrier of the skin. Affected skin is very dry, red and itchy. A dermatologist should be consulted for advice on how to alleviate the condition, including potentially with prescription medication. Restoring moisture is also key, and one way to do that is with coconut oil. It acts as a shield on the epidermis; you apply it directly to your skin using your fingertips.

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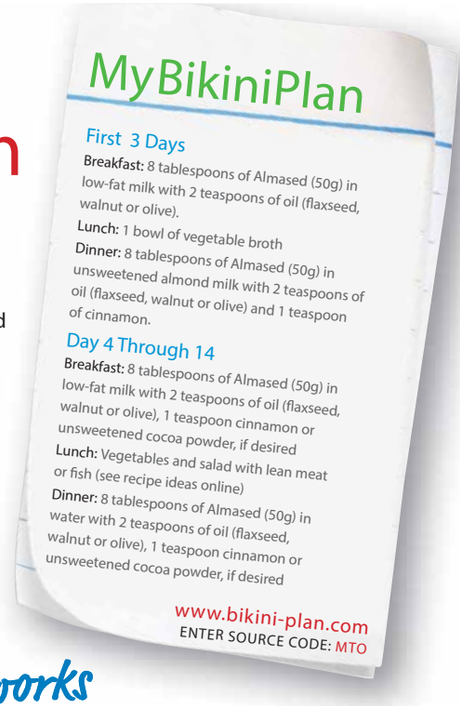
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Creamy soup without cream or butter? Thank us later

ROSE REISMAN
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This great tasting Asparagus and Leek Soup doesn't use butter or cream. The potato adds the creamy texture without the fat and calories.

1. Trim asparagus; cut stalks into pieces and set tips aside.

2. In nonstick saucepan, heat oil; sauté garlic, onion, leeks and asparagus stalks until softened, approx. 10 minutes.

3. Add stock and potato; reduce heat, cover and simmer for 20 to 25 minutes or until vegetables are tender. Purée in food processor until smooth. Taste and adjust seasoning with salt and pepper. Return to saucepan.

4. Steam or microwave reserved asparagus tips just until tender; add to soup. Serve sprinkled with Parmesan cheese.

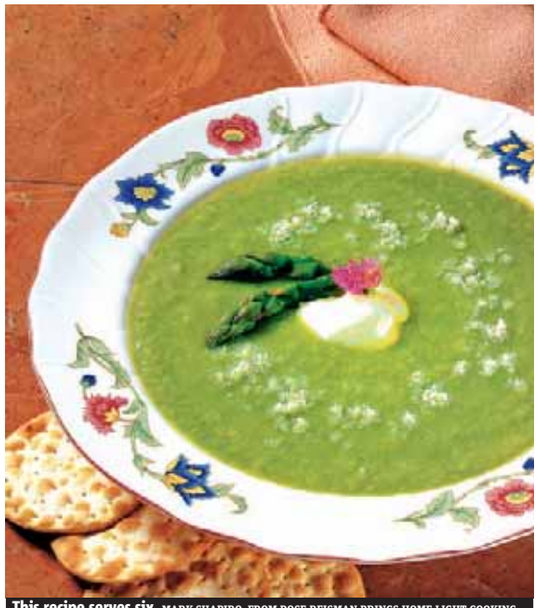
ROSE REISMAN BRINGS HOME LIGHT COOKING (MCM BOOKS) BY: ROSE REISMAN

Per serving

98 calories, 6 g protein, 3 g fat, 13 g carbohydrates

Ingredients

- 3/4 lb asparagus
- 1 1/2 tsp vegetable oil
- 1 tsp crushed garlic
- 1 cup chopped onion
- 2 leeks, sliced
- 3 1/2 cups chicken stock
- 1 cup diced peeled potato
- Salt and pepper
- 3 tbsp grated Parmesan cheese



This recipe serves six. MARK SHAPIRO, FROM ROSE REISMAN BRINGS HOME LIGHT COOKING (MCM BOOKS)

Health Solutions

Shoots, sprouts and leaves

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Remember when alfalfa sprouts were the stuff of hippies and all the rage? Talk to Roy and Ginny Stewart Love of Roy'L Acres Farm in Grey Highlands in Ontario and they will tell you micro greens are the new "sprouts".

Micro greens are actually grown in soil so the downside and danger of the anaerobic E. coli and salmonella of sprouts started in a closed container can't happen. These babies are simply the beginnings of the whole vegetable.

Loaded with four to six times more nutrients than the full vegetable, trays of peas and beet greens are often used as decor before being snipped into salads and sandwiches.

You will never find a fresher, more nutrient dense vegetable than one that was snipped seconds before it landed on your tongue.

What to look for in micro greens:

- Can't buy these artisanal treats at the grocery store? You will have more luck at small markets,100 mile markets and farmers markets.
- Aim for fresh, bright, perky leaves throughout.
- Try varieties like: popcorn shoot, various mustards, purple kohlrabi, kale, chervil, cilantro, radish, arugula shoots, flax microshoots, fenugreek sprouts and the all familiar wheatgrass.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Lunch. Shiitake-Ginger Noodle Soup with Garlic Pork

We tend to associate pulled pork with Southern-style barbecue. But soup takes the favourite moist and tender pork in a decidedly Japanese direction.

Start by marinating pork in garlic and oil. Time is your friend here, so don't hesitate to let it go overnight. Then sauté onions and shiitake mushrooms until brown, and bring that and the pork to a simmer in chicken broth. Once the pork is tender, use forks to pull it into delicious strands.

Add fresh ginger and soba noodles and you have a fresh, warming take on pulled pork.

1. In zip-close plastic bag, combine the pork medallions, garlic and 1 tablespoon of the vegetable oil. Shake to coat evenly, then refrigerate for at least 2 hours and up to overnight.

2. When ready to cook, in a large saucepan over medium-high, heat the remaining 2 tablespoons of vegetable oil. Add the mushrooms and onion and cook until lightly browned, stirring frequently, about 10 minutes. Add the pork and garlic from the bag, along with the chicken broth. Bring to a boil, then reduce to a simmer, cover, and cook for 30 minutes.

3. Use a slotted spoon to transfer the pork to a plate. Using 2 forks, shred the pork pieces, then return the meat to the pot. Add the ginger and bring to a boil. Add the noodles and cook until tender, about 4 minutes. Stir in the scallions and adjust the seasoning with salt and pepper. THE ASSOCIATED PRESS

Ingredients

- 1-lb pork tenderloin, cut into 1-inch medallions
- 4 cloves garlic, minced
- 3 tbsp vegetable oil, divided
- Two 6-oz containers shiitake mushrooms, stalks discarded, sliced
- 1 large yellow onion, sliced
- 6 cups (1 1/2 quarts) low-sodium chicken broth
- 2 tbsp grated fresh ginger
- 6.2 oz soba noodles
- 3 scallions, sliced
- Salt and ground black pepper

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Kids' CDs even parents will like

Reasons Mommy Drinks. Set fire to that Mickey Mouse Clubhouse album and turn to these 5 gems of musical genius

Real talk. Most children's albums were designed to make parents curl up into a hole and die.

Saccharine and repetitive, they also contain subliminal messaging that instruct children to "cry, scream and throw things in moving vehicles unless you play said album on repeat at loud volumes."

Don't worry, we've culled the hit list down to five albums you might even, gasp, enjoy.

So set fire to that Mickey Mouse Clubhouse CD and hit up iTunes for these gems of jammin' genius.

1. For the Kids.
A three-album compilation by various adult artists, including Canuck crooners Sarah Harmer, The Barenaked Ladies, Sarah McLachlan and Canada's pre-Chavril pop sweethearts Chantal Kreviazuk and Raine Maida. Hooray for CanCon! Bonus: A portion of the proceeds go to charity. How can you NOT check it out?

2. Jack Johnson Curious George Soundtrack.
It's mellow, catchy and will bring you back to Birkenstock-wearing summers of times past. Chillax, kids.

3. They Might Be Giants No!
Tracks like Robot Parade may actually have you singing along. Ironic and random, kids won't get the level of humour mommy and daddy will take from it.

4. Various rad artists, Schoolhouse Rock Rocks.
Dropped in the mid-'90's, bands like Blind Melon and Moby sing old school hits like Three is a Magic Number. Yeah, it is now.

5. Bob Marley Greatest Hits.
Apparently reggae has the same RPMs as a heartbeat and children, especially babies, find it very soothing. Pass the iPod on the left hand side.

FOLLOW AUTHORS LYRANDA MARTIN EVANS AND FIONA STEVENSON @MOMMYREASONS AND PICK UP THEIR NEW BOOK, REASONS MOMMY DRINKS, IN BOOKSTORES NOW.

Not all children's albums will make your ears bleed. ISTOCK

Don't overlook the rewards of foster care

Cris Beam was a 28-year-old high school teacher when she took in a 17-year-old student who had been kicked out of a group home and was headed to juvenile hall — not because she had committed a crime, but because there was just no room for her.

"I didn't have any experience," says Beam about her foster care decision, "but I loved this kid, and she and I kind of figured it out together."

As many people try desperately to have their own biological children, Beam tells Metro that another option is often overlooked. "There are wonderful kids right here, all the time, right in your neighbourhood, that need homes," she says.

She dives deeper into the subject, along with her own experience as a foster mother, in her new book, To the End of June: The Intimate Life of American Foster Care.

Being a foster parent isn't the most talked-about subject, but that may be in part because of the numerous victims of its misconceptions.

"I think that there's a misconception that the kids are really damaged," says Beam. "When you get inside (the foster care system), you see that it's all human beings, and if you stick with them, they're all kids just like any other kids."

So, she says, don't forget about the kids in your community. JULIE KAYZERMAN/FOR METRO

Fostering a teenager can be a surprisingly positive experience. ISTOCK

How smartphones are changing the way Canadians go shopping

Experts predict by 2014 more local searches will come from smartphones than any other computing device. ISTOCK

Rise of mobility. Today consumers compare prices, make reservations and interact online — over their mobile device

A recent study by market research company eMarketer revealed that more than 10 million Canadians were smartphone owners in 2012.

Mobile devices are eating into personal computing in a big way, and experts predict that by 2014 more local searches will come from smartphones than any other computing device, drastically changing the way people shop and locate information.

"Today, people compare prices, make reservations and interact online to make sure they are getting the biggest bang for their buck and share their shopping experience," says Matthieu Houle, director of digital consumer experiences for Yellow Pages Group.

Tools such as mobile analytics allow businesses to learn from every interaction and predict where, when and how people are most likely to make their next purchase.

A mobile environment allows consumers to connect with the brand. That's why a creative and simple design is key. At the very least, a mobile site that stems from a business's main web page is mandatory. With a site that's optimized for mobile, customers can access a business's important contact information from anywhere.

"Businesses can also optimize their offerings thanks to contextual information or personalization based on data taken from past experiences and individual preferences. For instance, if it rains, maybe your local store runs a mobile campaign offering a special on umbrellas helping match their services with current needs," he says.

NEWS CANADA

Not just a number

"Through interactive mobile sites and search applications, shoppers have easy access to reviews and opinions, meaning every customer experience counts."

Matthieu Houle, director of digital consumer experiences, Yellow Pages Group

ADVERTISEMENT

How to save over $1,000 on car insurance

Making a few changes could save drivers hundreds, even thousands.

Car insurance is mandatory for all drivers, but overpaying is not. Most drivers are looking to reduce their insurance premiums; fortunately, there are many ways that Canadian drivers can save on their car insurance. Renewal time is a great time to find savings, but it is not the only time. You can find savings at any point with many insurance companies – and the savings could far outweigh any cancellation costs. Read through these top tips to learn how to save over $1,000 on car insurance.

Shop around for car insurance quotes – just like the title says, shop around. Pay far less than currently paying with the existing car insurance company. Each insurance company charges different rates to insure the same driver, with the same driving record and the same company. It's important to check out all options before renewing or at any point during the year. The most common ways to shop around for insurance quotes is to either call each insurance company or shop online for quotes. Online quoting sites like InsuranceHotline.com will provide the lowest rate available, compared against over 30 insurance companies.

Look for discounts on insurance policy – there are many discounts available. To name a few: Installing winter tires or anti-theft devices and good driver discounts. Ask the insurance company for a list of available discounts and apply the applicable discounts to the policy for extra savings. Many drivers are unaware that discounts exist, so be sure to take full advantage of these.

Increase the deductible – by increasing deductibles, especially on collision coverage, drivers typically see a lower insurance rate. Some drivers are afraid to increase their deductible, as they will have to pay more up-front in the event of an at-fault car accident; but, the deductible is paid only in an at-fault accident). If driving without at an-fault accident for a few years, the cost of the increased premium will have been saved with a lower deductible.

Other ways to save – for even more savings, combine home and car insurance policies with the same insurance company. Many insurance companies offer up to 10% off premiums the two policies are bundled. Also ask the insurance company if there is a discount for paying the premium in full instead of monthly. Commute distance also affects insurance rates. In most cases, not significantly, but each factor can add up to a higher rate. Take a look at the daily commute and if convenient, try taking public transportation, subway, or even carpooling.

These tips should help drivers should see a lower car insurance premium.

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TAKARA SMALL
Metro News in Toronto
@takarasmall

Who: Elizabeth Grant Inc.

What: A Canadian skin-care company

Where: Elizabethgrant.com

Why: "I think it's important to never forget where you came from," says Margot Grant Witz. "Canadians are some of the best people in the world because they support products that are Canadian."

Elizabeth Grant Inc. founder Elizabeth Grant (centre), daughter-in-law Marion Witz (right) and granddaughter Margot Grant Witz (left). PROVIDED

E-laborate

• Go to metronews.ca/voices/mom-and-pop-shops for more information on this family business.

TIFF may be over and Hollywood's most fabulous have left town — but many of them made their exit with some super swag courtesy of Elizabeth Grant Inc.

Margot Grant Witz, vice-president of global creative direction, was on hand during TIFF to chat about the Toronto-based skin-care company that sells everything from anti-aging serums to bath products via their website and the Canadian Shopping Network.

"We don't have a brick and mortar office. What makes us different is that we took an (online) avenue that, at the time, people were nervous about, and didn't think it would be fruitful … but it works," she says.

Elizabeth Grant is a Canadian business, but it has managed to attract beauty fans around the world. However, the business's international success hasn't stopped its expansion in the Canadian market.

"I think it's important to never forget where you came from," says Grant Witz. "Canadians are some of the best people in the world because they're honest, give things a try but support products that are different."

The well-liked skin-care line is run by three generations of Grant women: founder Elizabeth Grant, daughter-in-law Marion Witz and granddaughter Grant Witz. The matriarch Elizabeth Grant, now in her 80s, originally created her own skin products to help her skin heal after being burned. The latest reincarnation of the company started in 1998 and has grown from strength to strength ever since.

"I have two powerful role models — my mother and grandmother," says Grant Witz. "I know some people look at their grams and take them for granted, but I look at my grandmother, and what she's created, and it blows my mind."

Money isn't everything. Despite their success Grant Witz makes sure to point out that her family spends time and money supporting causes close to their hearts: Cancer and animal abuse.

"My mother learned a lesson growing up that you should always have two coins in your pocket — keep one, but give the other one away," she says about their philosophy on charity.

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Work on a grade-A rapport with the teacher before the report comes to you

Reach out to teach.
Report card stress can be greatly reduced by keeping up an open dialogue with educators

It won't be long before parents start to think — and worry — about the arrival of the first report card.

While this event can be stressful for parents and students alike, Nick Whitehead, the CEO of Oxford Learning Centres, says a key to eliminating such stress is open communication with your child's school and teachers.

"Parents and teachers may not have time for weekly sit-down meetings, or even lengthy telephone calls, but in the age of email, there's no reason for parents to be out of the loop on what their child is up to at school," he explains.

"Waiting for the first report card can be risky. Why wait to discover if your child is struggling? Instead, regular email communication with the teacher can lessen stress and make parents aware of problem areas before issues get out of control."

Parents are also commonly confused by their child's report card. Changing schedules, complicated terminology and formal language add to the stress.

Staying in touch with teachers can help to ease the onslaught of these often overwhelming questions.

NEWS CANADA

Keeping abreast of academic success

Oxford Learning offers a few more helpful tips for keeping on top of their child's progress

- Communicate with the teacher every week. It takes five minutes to ask how your child is doing.
- Review past report cards. Issues from last year are likely to re-appear, so review previous reports, and watch out for reoccurring trouble.
- Follow up when a test is returned to your child. How did it go? Were the results what you were expecting?
- Go online. The Internet is a wonderful tool to keep informed. If your child's class has a web page, log on and get involved.
- Don't wait. If there are any issues, seek help as soon as you learn of them, rather than waiting to discuss them after report cards come home.

It's not every day that a mom or dad sees such flawless feedback. But a proud parent can dream! ISTOCK

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The Study and Go Abroad Fair, now in its 20th year, features top universities and student travel organizations from Canada and around the world offering undergraduate and postgraduate programs, gap year options and adventure travel for students of all ages.

The trend towards "internationalizing" education in Canada continues in an upward spiral as generation Y realizes the importance of becoming "global citizens."

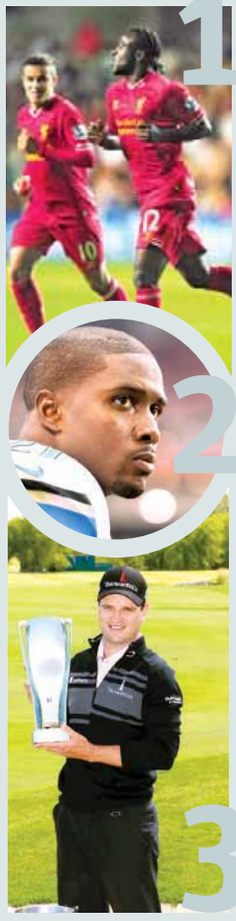
Skills learned while studying abroad can enhance a resumé and differentiate graduates from their peers when applying for that dream job. Students and their families visiting the Study and Go Abroad Fair can meet with top-ranked universities from around the world to find out about diploma programs, undergraduate and postgraduate programs abroad, as well as available scholarships.

Exhibiting institutions, several of which rank in the top 100 universities worldwide, will be showcasing programs in medicine, pharmacy, engineering, hotel management, business, technology, science, culinary and liberal arts, and many other fields. Visitors who are planning a gap year, to work abroad, volunteer or simply travel, can visit the Travel Zone.

The expo is open Sept. 21 from noon to 6 p.m., but visitors are encouraged to arrive early at 11 a.m. to listen to guest speaker, John Kelly, from Canada Law from Abroad, speak on Professional Degrees are the Door Openers to Exciting New Career Opportunities.

Exhibitor profiles, scholarship information and seminar schedules for the Study and Go Abroad Fair can be found at studyandgoabroad.com, along with details about the grand prize draw.

Sports in pictures



1 **Soccer.** Liverpool on rise after draw

Liverpool returned to the top of the Premier League standings on Monday night despite its perfect 3-0 start to the season ending with a 2-2 draw at Swansea. THE ASSOCIATED PRESS

2 **NFL.** Bush news not so bad for Lions

Reggie Bush got hopeful results from an MRI on his banged-up left knee, allowing the Detroit Lions to breathe a sigh of relief.

Lions coach Jim Schwartz said, "the tests (Monday) were encouraging." THE ASSOCIATED PRESS

3 **Golf.** Johnson Beeming after latest Tour win

Zach Johnson won the rain-delayed BMW Championship with a 6-under 65 on Monday in Lake Forest, Ill. THE ASSOCIATED PRESS

MLB. Myers helps Rays take over 1st wild-card spot

Rookie Wil Myers homered and had three RBIs, Alex Cobb pitched eight solid innings, and the Tampa Bay Rays took the lead for the first AL wild-card spot by beating the Texas Rangers 6-2 on Monday night.

Tampa Bay and Texas started play one-half game ahead of Cleveland. THE ASSOCIATED PRESS

Rays rookie Wil Myers GETTY IMAGES

MLB. Rockies' Helton to end career after season 17

Todd Helton has had enough.

Having decided earlier this year that this will be his final season, the Colorado Rockies decided to go public.

"I didn't want to say I was going to return and then come back in," Helton said before Sunday's game against Arizona. "I talked to my wife and thought about my body and mentally how I felt going out there for every game. I'm 40. It's time to go. It's a young man's game."

Helton has spent his entire 17-year major league career with the Rockies and set franchise records in nearly every offensive category. He announced his decision after Saturday night's 9-2 loss, when he hit his 586th double. THE ASSOCIATED PRESS

Masses react loudest to Big MacIntyre's best

NHL. Projected third-string 'keeper gets Leaf fans buzzing with acrobatic display

It was a night for David Clarkson and Jonathan Bernier to make first impressions with Maple Leafs fans.

By the end of the night, though, it was Drew MacIntyre who got the crowd excited — even if it did end in a 3-2 shootout loss to the Philadelphia Flyers.

Clarkson and Bernier, acquired with much fanfare over the summer, did what they were supposed to do in their Air Canada Centre debuts. Clarkson was great, forechecking and getting under the skin of the Philadelphia Flyers. Bernier allowed just one goal in the first 30 minutes, facing 22 shots.

But when MacIntyre took over in net, something strange happened. First, he made a big save. Then an acrobatic one. Then the big screen showed a big behind-the-body glove stop he made with the Marlies last year and everyone seemed to say to the person beside them: "Oh yes, I remember now."

Then Jake Gardiner made the kind of lazy pass that would get anyone else sent to the AHL and MacIntyre had to stonewall Matt Read after the giveaway.

The Flyers — mostly no-names — came at him in waves. He stopped them.

It's only exhibition hockey, but his saves had the crowd chanting "Go Leafs Go." TORSTAR NEWS SERVICE

Pinky pain

The Toronto Maple Leafs were hoping to see what more Frazer McLaren could do beyond fighting, but that experiment will have to wait.

- An MRI revealed that McLaren suffered a fractured right pinky finger at practice Sunday, according to coach Randy Carlyle. The team did not set an official time frame for the enforcer's return. THE CANADIAN PRESS

Flyers centre Ben Holmstrom tussles with Leafs forward Phil Kessel during pre-season play on Monday night at Air Canada Centre. DAVID COOPER/TORSTAR NEWS SERVICE

Timmy time

Thomas to try out for Panthers

Tim Thomas is back in the NHL, agreeing to a tryout deal with the Florida Panthers.

The Panthers announced the move Monday, and the two-time Vezina Trophy winner who helped Boston win the 2011 Stanley Cup is expected to practice on Tuesday. THE ASSOCIATED PRESS

Iggy ignites

Bruins beat up on rival Canadiens

Jarome Iginla's second goal of the game broke a tie and led the Boston Bruins to a 6-3 pre-season win over the Canadiens, giving Malcolm Subban the win over his brother P.K. on Monday night. Malcolm Subban stopped all 12 shots he faced in the second period. THE CANADIAN PRESS

Friendly gets nasty

Rough business costly for Coyotes' Bissonnette

Paul Bissonnette of the Phoenix Coyotes was suspended 10 regular-season games by the NHL for leaving the bench after teammate Rostislav Klesla was injured on a hit by the Los Angeles Kings' Jordan Nolan. THE ASSOCIATED PRESS

Yet to jell in O-Town

"I know that there were a couple passes that Spezz meant for me that I thought were for Milan."

New Senators forward Bobby Ryan on his on-ice chemistry with Jason Spezza and Milan Michalek in Ottawa's 3-1 pre-season win in Winnipeg Sunday night.

4 SPORTS

Rookie quarterback EJ Manuel looks upfield during Buffalo's 24-23 win over the Panthers on Sunday in Orchard Park, N.Y. RICK STEWART/GETTY IMAGES

Bills coach sticks with tough-love approach for QB

NFL. Marrone slow to praise EJ Manuel despite late-game dramatics in weekend win over Panthers

No, no, and six times no. Buffalo Bills coach Doug Marrone was in no mood Monday to join the chorus of praise directed at his rookie quarterback.

While Bills players and fans were still buzzing a day after EJ Manuel displayed poise and flair in leading Buffalo to a last-second 24-23 win over Carolina, Marrone wasn't making apologies for being a wet blanket.

Dramatic as the comeback was, Marrone insisted that Manuel hasn't yet arrived two weeks into the season.

Room to improve

Marrone pointed to several miscues, including two second-half turnovers — a fumble and interception — Manuel committed on consecutive possessions, both of which led to Panthers field goals.

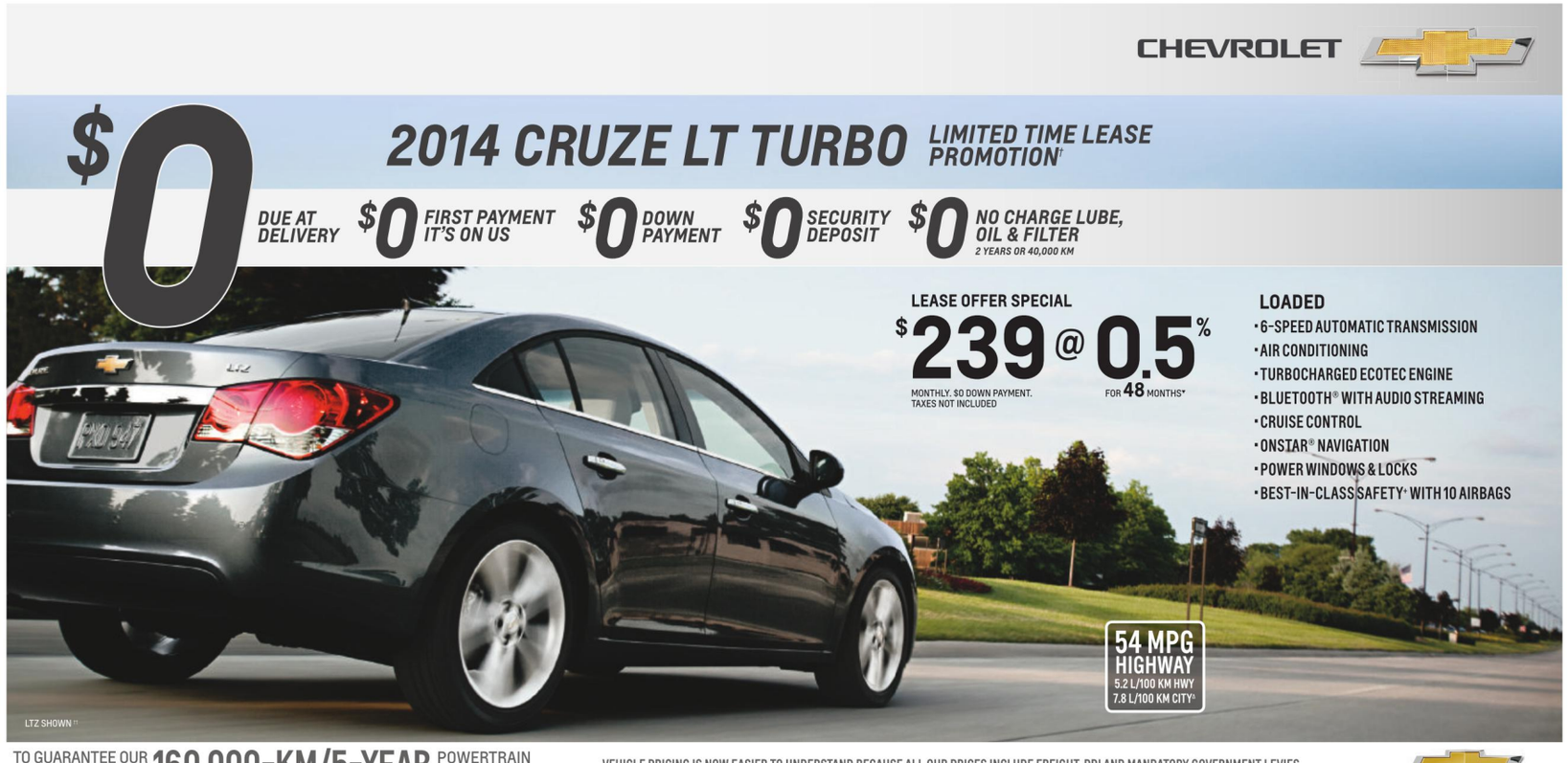
- "There's a lot of things that we have to clean up for him," Marrone said. "There's a lot of mistakes that are out there that he committed that we don't expect."

"Oh, no, no. C'mon, no," Marrone said, before repeating "No," three more times. "Don't get me wrong, we're excited about that. And that's what we expected. But there's some other things that we need to get out of him, and we will."

Marrone preferred holding Manuel to a much higher standard by judging his performance over the entire 60 minutes rather than what the first-round pick out of Florida State accomplished with 1:38 left. With no timeouts, Manuel capped a nine-play, 80-yard drive with a two-yard touchdown pass to Stevie Johnson with two seconds remaining.

In doing so, Manuel delivered his rookie head coach and the new-look Bills (1-1) their first victory of the season. And he became only the fifth NFL rookie since 1960 to produce a fourth-quarter comeback victory in his first or second game.

THE ASSOCIATED PRESS



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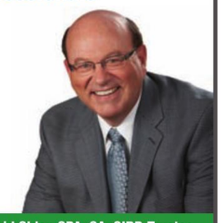

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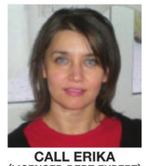

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Horoscopes

♈ Aries
March 21 - April 20
Do whatever it takes to stay calm today because if you get angry, you will be at a disadvantage. Someone may be saying things merely to get a reaction. The best reaction is no reaction.

♉ Taurus
April 21 - May 21
You never like being told what to do but today you must listen to what a friend tells you. If you learn from their mistake, you won't make the same one.

♊ Gemini
May 22 - June 21
Think first then act decisively. With your ruler Mercury linked to action planet Mars you have what it takes to do something remarkable, something that will be remembered and talked about for many years to come.

♋ Cancer
June 22 - July 23
You may have to tell a lie to spare a friend's blushes today but make sure it is only a small one. The last thing you want is to get a rep for dishonesty. Your social standing means more than their red face.

♌ Leo
July 24 - Aug. 23
If you have a good idea today — and you will — make sure you keep it to yourself. Yes, of course, you are a generous soul by nature but if you are too generous others could get rich and famous at your expense.

♍ Virgo
Aug. 24 - Sept. 23
The best way to change a habit of some sort is to replace it with a different habit — one that is more positive. If you just try to give up on something today, it won't work. You've got to be cunning.

♎ Libra
Sept. 24 - Oct. 23
It will be all too easy over the next 24 hours to allow yourself to be diverted by things that don't matter and neglect things that do matter. Stay focused.

♏ Scorpio
Oct. 24 - Nov. 22
Someone will try to undermine your reputation today by circulating stories about you that are not true. When you find out who it is, make sure they know, and everyone knows, you are not amused.

♐ Sagittarius
Nov. 23 - Dec. 21
The latest fad or fashion may be pretty hot but is it right for you? The planets suggest you might like to give this one a miss and wait for something better to spend your time and money on.

♑ Capricorn
Dec. 22 - Jan. 20
New responsibilities have brought more work and while you are no stranger to giving one hundred per cent, it might be wise to take a break today.

♒ Aquarius
Jan. 21 - Feb. 19
Whatever your personal code of conduct may be, you must live up to it today. If you fall short in any way, your rivals will seize the chance to make you look bad. Make sure you can reach your lofty ideals.

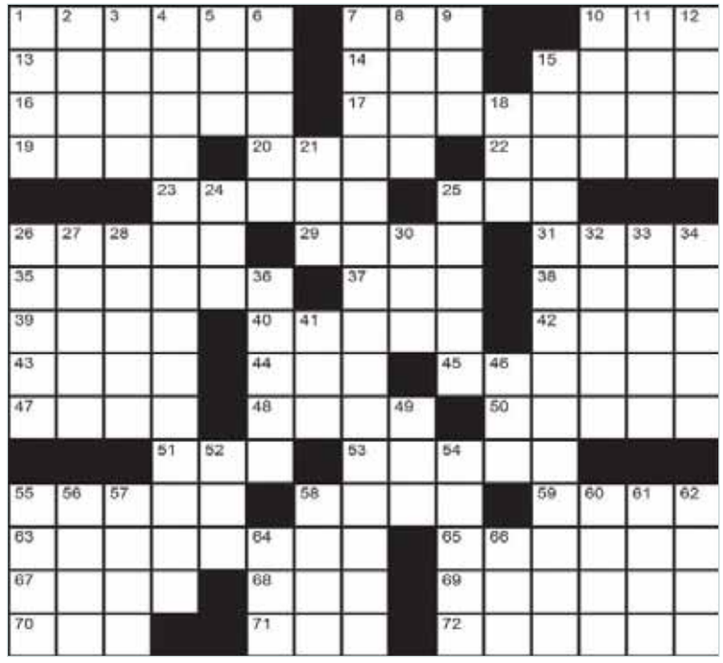
♓ Pisces
Feb. 20 - March 20
What happens today won't be wonderful exactly but neither will it be woeful, so stop fearing the worst and get back into the mainstream of life. You know the old saying: You can't win it unless you're in it!

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

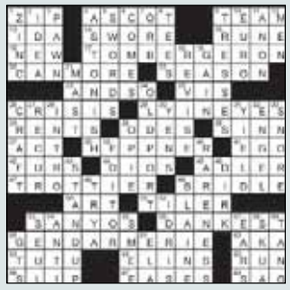
BY KELLY ANN BUCHANAN



Across
1. Cold War era gig: 2 wds.
7. Bouquet delivery co.
10. 30-day mo.
13. "I'm not alone in thinking this?": 2 wds.
14. Fib
15. Bug type
16. Epic Records mogul, _._. __
17. Nova Scotia town
19. Mountain stat.
20. Christian denomination, for short
22. Joy of Cooking author, __ _. Rombauer
23. "Juno" (2007) star Ms. Page
25. Wheel part
26. Tea party treat
29. Taj Mahal's site
31. 2001 Yann Martel novel, Life __: 2 wds.
35. Land promised in The Book of Exodus
37. Texas tea
38. "Smells Like __ Spirit" by Nirvana
39. Wholly __ __ part
40. Weight unit
42. French singer Edith
43. Beat a path
44. __ humour
45. "Donnie __" (1997)
47. Bit of Justin T.'s group
48. Celebes buffalo
50. Fall flower
51. "Oy!"
53. Condo spaces
55. Actress Ms. Birch
58. Sprout
59. Bee-ish bug
63. Halved: 3 wds.
65. Meteorological map line
67. Tropical birds
68. Back the tape up, briefly
69. Composed
70. Un-light times, for short
71. Holiday __
72. British Columbia band

Down
1. Reality star Ms. Richards
2. Hockey highlight
3. Hockey great, Pavel __
4. CBC daytime show: 3 wds.
5. Hawaiian dish
6. The Alps song
7. Rita MacNeil hit: 4 wds.
8. Ms. Carrere's
9. German article
10. Grad
11. "Dancing with the Stars" pro Ms. Murgatroyd
12. Cheers!
15. __ __? (Sign In area message)
18. "Amado __": Song from "Gilda" (1946)
21. Little legume
24. Canadian dairy products brand, Gay __
25. Spy for Moses
26. Robert Burns, and others
27. Tote
28. Beatles song: "Glass __"
30. Singer/songwriter Mr. Ocasek
32. "1234" Canadian songstress
33. Alberta's __ River
34. Has it __ (Holds a grudge): 2 wds.
36. "Never.": 2 wds.
41. Samovar
46. Mouse's friend
49. Year: Spanish
52. 'Jacob' suffix
54. "If that could only be true!": 2 wds.
55. National highway, commonly
56. Track down
57. Actress, Carre __
58. Ms. Stefani
60. Son of Eve
61. Rational
62. Zebra, to a lion
64. Prefix with 'cycle'
66. Behold

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	7						3	
6				4				7
1			8		7			6
		3	1		2	8		
				5				
		5	9		3	1		
9			4		1			5
4				9				2
	2						9	

Yesterday's Sudoku

5	8	3	2	6	7	4	1	9
7	1	4	3	9	5	8	2	6
2	9	6	4	8	1	7	3	5
9	6	8	7	4	2	3	5	1
3	5	7	6	1	9	2	4	8
4	2	1	5	3	8	6	9	7
6	3	5	9	7	4	1	8	2
1	7	2	8	5	3	9	6	4
8	4	9	1	2	6	5	7	3

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16°/10°
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Wednesday
21°/14°
Sunny
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